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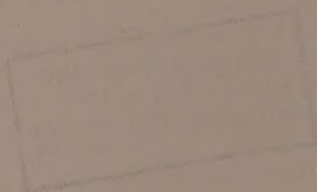
TO USE

ABBOT SMITH, O.S.B.

ABBEY.

AN EASY WAY

THE BEALMS



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PREFACE.

THE Psalms form such a large portion of our prayer to Almighty God that it is important we should know how to use them to the best advantage. The Psalms may be studied in many ways.

The scholar treats the Psalms as merely historical documents, and spends his energy in discovering when exactly they were written. This inquiry gives scope for a large amount of erudition, and the results obtained are, without doubt, interesting.

As long as we rely on these results alone we may, indeed, be able to fill our minds with the sentiments of the human authors of the individual Psalms, and thus gain some little food for devotion. No doubt, if I could attune my mind to that of holy David, I might occupy myself well during the chanting of the Psalms.

The objection to this method is that for most of us the effort is distracting; and though in the minds of well instructed and erudite people the process might be fruitful, in the case of the simple it is somewhat hopeless. For the most part it does not lead to devotional converse with God, therefore it may be safely left alone by the simple.

Another method of studying the Psalms is to treat them as personal addresses or prayers uttered by myself to my God, just as they were the personal prayers of their original human author.

Suppose I had been the human author of a Psalm, and my God had used me as He used holy David, that Psalm might have been just what it is now to others, but to me it would have been the outpouring of my soul under the guidance of the Holy Spirit. It would have expressed my own wants, my own desires and my own thoughts, just as the Psalms originally did the wants, desires and thoughts of the Psalmist.

I am justified in appropriating the Psalms to myself in this way because of the other and the principal Author of them, the Holy Spirit.

The Church gives them to me to be used as prayers, and the fact that God is their Author makes them usable in this personal way by all those who wish to be in union with Him.

The study of the Psalms in this manner will turn my thoughts on the words in the way in which they suit me, and will express what my heart wishes to say to my God.

Now, I have supposed that you who read these notes are a child of St. Benedict, or, at least, living under some recognised rule, and trying to live according to the spirit of this rule, in definite circumstances, and having certain aims and certain ways of serving God.

The fact that you, as a rational creature, are required to use the Psalms in your prayers to God is sufficient to prove to you that they contain the elements, at least, of the prayer you need use towards God.

This is the study which I propose to open out to you who, following a religious rule, and trying to live in the spirit of that rule, are simple, and desirous of making the recitation of the Psalms in the Divine Office more of a prayer than has been the case hitherto.

May God grant these few hints, however loosely put together, may help others as they have helped some to keep the mind and heart on God during the holy Office.

There are two ways of using the notes given below. The first is to read through a Psalm, and then to read the paraphrase. If it appear that the hints are likely to help you to make the Psalm your own prayer, it will be better to read and re-read the notes till they are your own. Then whenever that Psalm occurs in the Office, make an effort to recite it in the spirit and manner suggested. After a short time it will be easy to use the Psalm as a prayer from your own heart. Do not attempt at first to use the notes on all the Psalms at once; if you do, you will find that your mind, instead of being concentrated on God, will be simply distracted. Read them all through, if you wish, and mark any, if there be any, that specially appeal to you.

Begin with one of these, and try to find time to read it carefully together with the Psalm. This is an exercise for your cell, and not for the choir. Do not pass on to another for three or four days. Enlarge it for yourself if you feel inclined. When you have got into your mind the devotional meaning which suits you try in the Office to pray in that meaning whilst repeat-

ing the Psalm. When you find that you do this easily pass on to another Psalm. If you feel inclined and have the opportunity use the second Psalm chosen as matter for mental prayer in the afternoon whilst you are practising the first during the Divine Office. The object in view is to so let the meaning which suits you sink into your mind that when the Psalm is recited this meaning will easily present itself.

This exercise will take time, but it will undoubtedly enable many hours to be spent most usefully which would otherwise be practically lost.

Even after all the Psalms are mastered it is well to keep any one which specially appeals to you at a particular time, in your mind as long as you are able. This remark leads me to the second method of occupying the mind during the Divine Office; that is, to fasten on one verse and keep it, as far as you are able, before your mind whilst reciting the whole of the Psalm.

Indeed, if one verse or one word give food for prayer it would be well to keep it in your mind for several Psalms, or during the whole Office.

Whatever it is that takes your heart to God and keeps it there hold on to it with your whole strength; and be sure that you have said your Office to great advantage. In any case, do not tie yourself down to the suggested thought or meaning if any other present itself which takes the soul to God. If that be secured nothing else matters.

AN EASY WAY TO USE THE PSALMS.



Beatus vir. Ps. 1.

THE desire of the soul which has given herself to the religious life, avoiding both the counsel of the wicked and the way of sin, which is self-seeking,

And the seat of pestilence, which is a confirmed habit of sin, is that her will shall be with God, and that she occupy her heart with Him day and night.

She is so confirmed in her holy profession as to be like a tree planted by a brook of water ; and she shall offer her fruit to God in His good time. The brook is the fount of good example in community life, for the soul is always able to gain strength and encouragement from it.

The leaves which draw nourishment from the sun and the air, *i.e.*, from the warmth of God's consolations, and the freedom and constancy of His inspirations shall not fail ; and whatever the soul does, relying on God, shall profit for life everlasting.

On the other hand, those who despise the life of religion, though they seem to succeed here, will profit nothing before

BEATUS vir, qui non abiit in consilio impiorum, et in via peccatorum non stetit, et in cathedra pestilentiae non sedit ;

Sed in lege Domini voluntas ejus, et in lege ejus meditabitur die ac nocte.

Et erit tamquam lignum, quod plantatum est secus decursus aquarum, quod fructum suum dabit in tempore suo.

Et folium ejus non defluet ; et omnia quaecumque faciet prosperabuntur.

Non sic impii, non sic ; sed tanquam

pulvis, quem projecit ventus a facie terræ.

Ideo non resurgent impii in iudicio : neque peccatores in concilio justorum.

Quoniam novit Dominus viam justorum et iter impiorum peribit.

God, but the falseness of their ideals and aspirations will be exposed to the whole world at the last day.

In that day the light of God will make the hidden and despised life of a religious glorious before all.

As our Lord appreciates the life of perfection so He would have us grow in our love of it and our desire to attain to it with our whole hearts. In the last day the life of the sinner will be seen in its true light, and will be abhorred by all. May God grant me the greatest constancy in the holy vocation which He has given to me.

Quare fremuerunt gentes. Ps. 2.

QUARE fremuerunt gentes, et populi meditati sunt inania ?

THE evil spirits are enraged at the religious life, and against Thee, my God, who lovest it. Their efforts shall be in vain, for Thou art the protection of those who seek to serve Thee in perfection.

Astiterunt reges terræ, et principes convenerunt in unum, adversus Dóminum, et adversus Christum ejus.

There will ever be men who will be drawn by the devil to attack the life we have chosen, and Thee, our Lord, who hast chosen us to be Thy friends.

Dirumpamus vincula eorum ; et projiciamus a nobis jugum ipsorum.

They put into men's minds all kinds of reasons for breaking up communities. They will attack the vows by which we take up Thy yoke, O my God.

Qui hábitat in cœlis, irridébit eos ; et Dóminus subsannábit eos.

We will not be dismayed, for Thou, our Lord, wilt laugh at all their efforts. We must all the more love our vocation, for Thou art surely on our side and wilt bring all the efforts of Thine enemies to naught.

Thou wilt show Thy anger against all who cast reproach upon the religious life, and they shall be greatly afflicted.

In Thy right as King and Lord of sanctity, Thou wilt found monuments of holiness. Thy reign is most glorious in the lives of Thy saints. Thou dost commit to them the office of proclaiming to an unbelieving world the peace and strength which Thy commandments bring to the heart.

Thy Father has promised Thee, O Lord, that the nation of devout souls shall belong to Thee,

And that they shall be Thy possession over the whole earth. There shall be no place in which is not found some soul serving Thee in holiness.

Thou wilt rule them and have Thy own way with them. Thy way with those who serve Thee is to flesh and blood a hard way, for Thou dost often make the soul to suffer much and to feel Thy chastening power.

The kings here who must attend to Thy will, O God, are the powers of my soul which must have command over my body and keep it in subjection to Thee.

The only safety for my soul is to serve Thee, my God, with a quiet fear, and to sing Thy praises with a loving care.

I must be faithful to my rule lest Thou be angry with me for my negligence, and I go from careless neglect to wilful sin, and perish from the way of the just.

Tunc loquétur ad eos in ira sua ; et in furore suo conturbabit eos.

Ego autem constitutus sum Rex ab eo super Sion montem sanctum ejus, prædicans præceptum ejus.

Dominus dixit ad me : Filius meus es tu, ego hodie genui te.

Postula a me, et dabo tibi gentes hæreditatem tuam, et possessionem tuam terminos terræ.

Reges eos in virga ferrea ; et tanquam vas figuli confringes eos.

Et nunc reges intelligite : erudimini, qui judicatis terram.

Servíte Domino in timore, et exultate ei cum tremore.

Apprehéndite disciplinam, nequando irascatur Dominus ; et pereatis de via justa.

Cum exarserit in
breui ira ejus :
beāti omnes, qui
confidunt in eo.

In the time of trial I will put all my
trust in Thee, even though Thou appear
angry with me.

DOMINE, quid
multiplicati sunt,
qui tribulant me !
multi insurgunt
adversum me.

Multi dicunt ani-
mæ meæ : Non est
salus ipsi in Deo
ejus.

Tu autem Do-
mine susceptor
meus es, gloria
mea, et exaltans
caput meum.

Voce mea ad Do-
minum clamavi :
et exaudivit me de
monte sancto suo.

Ego dormivi et
soporatus sum : et
exurrexi, quia Do-
minus suscepit me.

Non timebo mil-
lia pópuli circum-
dantis me : exurge
Domine, salvum
me fac Deus meus.

Quoniam tu per-
cussisti omnes ad-
versantes mihi sine
causa : dentes pec-
catorum contri-
visti.

Domini est salus :
et super populum
tuum benedictio
tua.

Domine, quid multiplicati sunt. Ps. 3.

O LORD, how many dangers I have to
face in my religious life ! How
many temptations assail me !

The world whispers to me that I shall
have nothing but trouble if I do not stand
up for and seek myself. The world looks
upon Thy servants as poor-spirited be-
ings.

I know that Thou, my Lord, wilt take
me up ; that my glory is in my likeness
to Thee, and my boldness in my sub-
mission to Thee.

I cry to Thee to help me, and Thou
hast heard me by giving me a strong
desire to come to Thee.

Too long have I slept and been idle in
my religious life, I will rise up with
greater vigour, trusting in Thy support.

I will put aside all fear of what men
can do against me. In Thy mercy arise,
my Lord, and do Thou save me from
myself and from the dangers which sur-
round me.

Thou hast overcome so many difficul-
ties which hindered me. Thou hast
taken away the power of my enemy to
hurt me.

Relief and strength come from Thee.
Do Thou bless me, Lord, and those who
are united with me in my community
and in the whole church.

Cum invocarem. Ps. 4.

THOU, the God of my justice, art the good God who hast called me to the perfection of religious life. Thou art ever ready to help me, but especially when Thou bringest trouble upon me.

Have mercy on me : hear and pardon me when I acknowledge my failings before Thee.

Grant that I may be alert to attend to Thee, and not dull my heart with vanity and deceit.

By the glory Thou didst give to our Lord, Thy Son, after all His trials hear me when I call upon Thee.

Knowing the failings of which I have been guilty, I will be angry and sin not, *i.e.*, I will be angry with myself and be sorry for all my negligence.

I will offer to Thee once more the sacrifice of my vows which are the bonds of perfection ; I will put all my trust in Thee, for Thou wilt be good to me and grant me the grace to keep firm to my promises. I will thank Thee for allowing me to make my vows to Thee in spite of what men say against them.

Thou hast signed upon me the light of Thy countenance by the call to religion, and in Thy mercy Thou hast given me the joy of serving Thee. Let that joy grow greater in my heart.

CUM invocarem, exaudivit me Deus justitiæ meæ, in tribulatione dilatasti mihi.

Miserere mei, et exaudi orationem meam.

Filii hominum usquequo gravi corde ? ut quid diligitis vanitatem, et quæritis mendacium ?

Et scitote quoniam mirificavit Dominus sanctum suum : Dominus exaudiet me, cum clamaveroad eum.

Irascimini et nolite peccare ; quæ dicitis in cordibus vestris, in cubilibus vestris compungimini.

Sacrificate sacrificium justitiæ, et sperate in Domino. Multi dicunt, Quis ostendit nobis bona ?

Signatum est super nos lumen vultus tui Domine, dedisti lætitiā in corde meo.

A fructu frumenti,
vini, et olei sui,
multiplicati sunt.

In pace in idipsum
dormiam et
requiescam.

Quoniam tu Domine
singulariter in spe
constituisti me.

VERBA mea auribus
percipe Domine :
intellige clamorem meum.

Intende voci orationis
meæ, Rex meus et Deus
meus.

Quoniam ad te orabo,
Domine mane exaudies
vocem meam,

Mane astabo tibi et videbo ;
quoniam non Deus volens
iniquitatem tu es.

Neque habitabit juxta te
malignus, neque permanent
injusti ante oculos tuos.

Odisti omnes qui operantur
iniquitatem : perdes omnes
qui loquuntur mendacium.

Virum sanguinum et dolosum
abominabitur Dominus :

The joy Thou givest me is beyond all the joys of earth.

Because Thou, my kind Lord, art so good to me and art always the self-same merciful Lord to me, I will take my rest and be at peace, both in my own heart and with all those who live with me.

For Thy call has given me hope that Thy kindness will continue to me all the days of my life.

Verba mea. Ps. 5.

GIVE ear to me, O Lord, and let me know that Thou hast heard my prayer.

Listen to me, for I desire to be Thy most faithful subject. Thou art my King and my God.

For I come to Thee in prayer in the morning before I engage in any work. I wish, O my Lord, to give Thee the first place in my thoughts.

Allow me, O my God, to stand before Thee and in the light of Thy kind grace to see plainly how I may avoid all sin.

Thou wilt not let me stay near Thee, my God, if I seek myself and forget Thee. Nor can I dare to stand before Thy face whilst I refuse to give Thee the service Thou so justly askest of me.

I will strive to be very sincere in Thy sight, for Thou hatest a lie.

If I am careless of the life of my soul, and if I make any attempt to deceive Thee I know I shall be an abomination

to Thee. I can safely rely on many mercies and Thy kindness to me shown in so many ways.

Relying on Thy mercy I will go into choir, and I will adore Thee in the Holy Tabernacle, ever remembering the reverence I owe to Thee.

Lead me, Lord, to the perfection to which Thou hast called me, and let me walk always in Thy sight and according to Thy direction, for many enemies are ready to assail me.

They are not to be trusted; they whisper lies to me. They try to raise in me a desire for what is worthless.

As an open grave sends forth noisome vapours, so the words spoken against religious perfection are abominable. They who use such words deceive themselves. Do Thou deal with them, O God.

May their devices fail. Let them be of no account, for by their conduct they have angered Thee, my Lord.

I, who long to be Thy friend, will put my hope in Thee and beg Thee to make my service a service of joy.

I will glory in Thee, my God, and love Thy holy name.

Thou wilt bless me, for hast Thou not crowned me already, Lord, and made me Thine? Thy goodness shall ever guard me.

ego autem in multitudine misericordiæ tuæ.

Introibo in domum tuam, adora-
bo ad templum
sanctum tuum in
timore tuo.

Domine deduc
me in justitia tua,
propter inimicos
meos dirige in con-
spectu tuo viam
meam.

Quoniam non est
in ore eorum veri-
tas: cor eorum
vanum est.

Sepulchrum pa-
tens est guttur
eorum; linguis suis
dolose agebant:
judica illos Deus.

Decidant a cogi-
tationibus suis;
secundum multitu-
dinem impietatum
eorum expelle eos,
quoniam irritave-
runt te Domine.

Et lætentur om-
nes, qui sperant in
te; in æternum ex-
ultabunt, et habi-
tabis in eis.

Et gloriabuntur
in te omnes, qui
diligunt nomen
tuum; quoniam tu
benedices justo.

Domine, ut scuto
bonæ voluntatis
tuæ, coronasti nos.

Domine, ne in furore tuo. Ps. 6.

DOMINE, ne in furore tuo arguas me, neque in ira tua corripas me.

Miserere mei Domine, quoniam infirmus sum : sana me Domine, quoniam conturbata sunt ossa mea.

Et anima mea turbata est valde ; sed tu Domine usquequo ?

Convertere Domine, et eripe animam meam : salvum me fac propter misericordiam tuam.

Quoniam non est in morte, qui memor sit tui : in inferno autem quis confitebitur tibi ?

Laboravi in gemitu meo, lavabo per singulas noctes lectum meum, lacrymis meis stratum meum rigabo.

Turbatus est a furore oculus meus : inveteravi inter omnes inimicos meos.

Discedite a me omnes, qui operamini iniquitatem : quoniam exaudivit Dominus vocem fletus mei.

Exaudivit Dominus deprecationem

THE thought of the sins by which I have offended Thee, my God, force me to call on Thee for mercy.

I will appeal to Thy mercy and encourage myself to bear all the pain Thou mayest put upon me.

I will also be ready to submit if Thou send me anguish of soul in temptation, but I will beg of Thee to quickly relieve me.

I will remember Thee at all times as my Saviour and my merciful Redeemer. I will entreat Thee to snatch my soul from all infidelity.

If I leave Thee by sin I cannot give to Thee any of the things I have promised Thee.

At least, I will bewail my past sins and my many meannesses in Thy service.

I will bewail to Thee the blindness of my past life, and the long time I have held back in Thy service.

I must separate myself from all who work iniquity, for Thou, O Lord, hast heard the voice of my repentance.

Thou, my Lord, hast heard my cry of

supplication, and Thou hast let me approach Thee in prayer.

There is nothing but shame for me if I join myself any more to Thy enemies and mine.

Domine Deus meus. Ps. 7.

IN all the difficulties and trials of life I must hope for help from Thee, my God. By Thy power alone can I be secure.

If I trust in myself I shall become a prey to the evil one, and no one can save me.

O Lord my God, I have indeed sinned against Thee, and Thou hast found me prone to evil from my youth.

And Thou knowest that I have done evil to many. In Thy justice Thou mightest punish me, but I beg of Thee to spare me.

Whatever persecution from others Thou, O my God, dost will to inflict on me, yea, even loss of life and my good name, I am willing to suffer if it be to Thine honour.

Still I call upon Thee, O my God, to arise and help me, to free me from my enemies, and deliver me from the sins which oppress my soul.

nem meam : Dominus orationem meam suscepit.

Erubescant et conturbentur vehementer omnes inimici mei : convertantur et erubescant valde velociter.

DOMINE Deus meus, in te speravi : salvum me fac ex omnibus persecutibus me, et libera me.

Nequando rapiat ut leo animam meam, dum non est qui redimat, neque qui salvum faciet.

Domine Deus meus, si feci istud, si est iniquitas in manibus meis ;

Si reddidi retribuentibus mihi mala : decidam merito ab inimicis meis inanis.

Persequatur inimicus animam meam, et comprehendat et conculcet in terra vitam meam, et gloriam meam in pulverem deducat.

Exurge Domine in ira tua, et exaltare in finibus inimicorum meorum.

Et exurge Domine Deus meus in præcepto, quod mandasti, et synagoga populorum circumdabit te.

Et propter hanc in altum regredere, Dominus judicat populos.

Judica me Domine secundum justitiam meam; et secundum innocentiam meam super me.

Consumetur nequitia peccatorum, et diriges justum; scrutans corda et renes Deus.

Justum adjutorium meum a Domino; qui salvos facit rectos corde.

Deus judex justus, fortis, et patiens; numquid irascitur per singulos dies?

Nisi conversi fueritis, gladium suum vibrabit; arcum suum tetendit, et paravit illum.

Et in eo paravit vasa mortis; sagittas suas ardentibus effecit.

Ecce parturiit injustitiam; concepit dolorem, et peperit iniquitatem.

I need Thy help, O my God, to be faithful to Thy commands in holy religion. Do Thou help me and grant that Thy friends, my companions may be an assistance to me.

For the sake of the saints Thou art in heaven. Grant that I may follow them in their fidelity to Thee here, and be ready to stand with confidence before Thee when Thou judgest the world.

I rely, not on myself, but on the justice Thou hast promised me, and on the simplicity of my service. I long to be innocent in Thy eyes.

Thou, who knowest all hearts, lead me that I may be just in Thy sight. Search into my heart, Lord, and cleanse it from all stain of sin.

Thy justice will be satisfied if Thou wilt look upon Thy Son who has chosen me and who protects me. He will make my heart upright before Thee.

How patient Thou hast been with my waywardness in the past! Grant that I may appease Thy just anger by my generous care in the future.

If I be not converted to Thee there is nothing before me but trouble, and I must expect to incur Thy wrath.

My carelessness may easily lead to greater sin, and bring sorrow and anxiety upon me.

The impious shall bring forth works that rob Thee of what is Thine, but sorrow and sin shall follow the forgetfulness of Thee.

Their works done without Thee shall be a pit into which they themselves shall fall.

In Thy justice bring sorrow upon the impious who strive against Thee and against the perfection which Thou demandest from Thy servants.

Grant that I may give Thee praise by my love of Thy will and by my serious attempt to follow the call to perfection which Thou hast given me, and in Thy mercy let me continue to sing Thy praises here and hereafter.

Domine, Dominus noster. Ps. 8.

MY God, how great and glorious art Thou in the whole earth! Would that I could appreciate Thy glory.

Oh, would that I could understand the wonders of Thy dealing with Thy saints!

O God! make me simple in Thy sight that my praise may be perfect before Thee. Grant that I may make some little reparation to Thee for all the injury the enemy of souls attempts to inflict on Thee.

I will praise Thee for all Thy beauty manifested over the whole universe. Grant that my eyes may be open to see all Thy goodness.

I am so worthless, how canst Thou, my God, think of me? How canst Thou deign to visit me?

As I came from Thee I was only a little lower than the angels. Oh! how far have my sins removed me from Thee!

Lacum aperuit, et effodit eum; et incidit in foveam, quam fecit.

Convertetur dolor ejus in caput ejus; et in verticem ipsius iniquitas ejus descendet.

Confitebor Domino secundum justitiam ejus; et psallam nomini Domini altissimi.

DOMINE Dominus noster, quam admirabile est nomen tuum in universa terra.

Quoniam elevata est magnificentia tua super cœlos.

Ex ore infantium et lactentium perfecisti laudem propter inimicos tuos; ut destruas inimicum et ultorem.

Quoniam videbo cœlos tuos, opera digitorum tuorum, lunam et stellas, quæ tu fundasti.

Quid est homo, quod memor es ejus? aut filius hominis, quoniam visitas eum?

Minuisti eum paulo minus ab Angelis; gloria et honore coronasti

eum ; et constitui eum super opera manuum tuarum.

Omnia subjecti sub pedibus ejus ; oves et boves universas ; insuper et pecora campi,

Volucres coeli, et pisces maris, qui perambulant semitas maris.

Domine Dominus noster, quam admirabile est nomen tuum in universa terra.

CONFITEBOR tibi Domine in toto corde meo ; narrabo omnia mirabilia tua.

Lætabor et exultabo in te ; psallam nomini tuo Altissime.

In convertendo inimicum meum retrorsum ; infirmabuntur et peribunt a facie tua.

Quoniam fecisti judicium meum et causam meam, sedisti super thronum, qui judicas justitiam.

Increpasti gentes, et periiit impius ; nomen eorum delesti in æternum, et in sæculum sæculi.

The glory and honour that Thou hast made me capable of giving to Thee Thou Thyself must help me to remember.

Thou, O my God, hast given me the power of subjecting all my being to Thee.

In the force of my union with Thee all things are in my power. I will praise Thee and rejoice in Thee, O Lord, for ever and ever.

O Lord, my Lord ! how admirable art Thou ! How worthy of praise and honour is Thy holy name in the whole earth !

Confitebor tibi Domine. Ps. 9.

I WILL give my whole-hearted praise to Thee, O my Lord, I will busy myself with Thy works and Thy interests.

O Thou Most High God ! I will be glad and rejoice in Thee, and willingly join the choir in singing Thy praises.

The enemy who tempts me and tries to rob my soul of joy shall be driven away and shall perish before Thy face, O God my Protector.

For I will commit my cause to Thee who judgest my intentions. Grant, O Lord, that I may keep firmly my intention to follow Thee in the way of perfection.

Thou hast so often brought my enemy to nought that from mere experience I am forced to trust Thee.

They who fight against Thee have so often failed in the past, and Thou hast destroyed their works.

I have been able to forget their very existence, but do Thou, Lord, grant me the grace never to forget Thee.

Thou, my merciful God, wilt judge me with justice, for Thou wilt have regard to my weakness.

And though Thou art my Judge I can trust Thee, because Thou art my helper and my refuge in all my needs. I come to Thee as one so poor that I can do nothing for myself.

I will trust Thee, for Thou hast shown Thy kindness to me, allowing me to call Thee mine. Seeking Thee, let me always find Thee, O Lord.

I will sing to Thy name, and strive to make known Thy ways by my prayers and my faithful service.

The trials of Thy friends are always before Thee. Thou dost not turn aside from the cry of the poor in heart.

Have mercy on me, O Lord; look upon the humiliations that are put upon me because I try to serve Thee, and do Thou give me strength to bear them.

O my God, Thou that liftest me up from the gates of death, in Thy mercy allow me to make known Thy praises in the holy choir, the gate of heaven.

Inimici defecerunt frameæ in finem; et civitates eorum destruxisti.

Periit memoria eorum cum sonitu; et Dominus in æternum permanet.

Paravit in iudicio thronum suum; et ipse judicabit orbem terræ in æquitate; judicabit populos in justitia.

Et factus est Dominus refugium pauperi; adiutor in opportunitatibus, in tribulatione.

Et sperent in te qui noverunt nomen tuum; quoniam non dereliquisti quærentes te Domine.

Psallite Domino, qui habitat in Sion; annuntiate inter gentes studia ejus.

Quoniam requirens sanguinem eorum recordatus est; non est oblitus clamorem pauperum.

Miserere mei Domine; vide humilitatem meam de inimicis meis.

Qui exaltas me de portis mortis; ut annuntiem omnes laudationes tuas in portis filiæ Sion.

Exultabo in salutari tuo : infixæ sunt gentes in interitu, quem fecerunt.

In laqueo isto, quem absconderunt, comprehensus est pes eorum.

Cognoscetur Dominus judicia faciens ; in operibus manuum suarum comprehensus est peccator.

Convertantur peccatores in infernum ; omnes gentes, quæ obliviscuntur Deum.

Quoniam non in finem oblivio erit pauperis ; patientia pauperum non peribit in finem.

EXURGE Domine, non confortetur homo ; judicentur gentes in conspectu tuo.

Constitu Domine legislatorem super eos ; ut sciant gentes, quoniam homines sunt.

Ut quid Domine recessisti longe ; despicias in opportunitatibus, in tribulatione ?

Dum superbit impius, incenditur pauper ; comprehenduntur in consiliis, quibus cogitant.

Give me joy in Thy salvation, *i.e.*, in the life and example of Thy Son, and thus my foot shall not fall into the snare.

Grant that I be not a hindrance to any soul.

Thou shalt be the judge of all hearts. No deceit shall be hidden from Thee.

It is my duty to bear Thee in mind now, that I may never be forgetful of Thee.

As I am poor and needy Thou wilt not forget me. Give me patience to wait Thy time and trust Thee to the last.

Division of Ps. 9 in Benedictine Breviary.

ARISE, O Lord ! let not human nature prevail in me, but make me subject to Thy law and Thy kind providence at all times.

I will thank Thee for Thy law which constrains me. I will remember that I am Thy creature and Thy child.

When I trust myself Thou dost retire from me, and dost seem to leave me alone in my trouble.

The pride of the impious is a grievous affliction of the poor. The counsels of the proud ever seek to bring destruction on Thy friends.

The praise of the world is given to Thy enemies, O God ; and its blessings are poured out on those who work iniquity. Grant that I do not seek such praise and blessing.

The sinner has provoked Thee, O Lord. Allow me not to blind myself by passion so that I seek Thee not in Thy works.

Grant, Lord, that I may always keep Thee before my eyes that my life may not become worthless in Thy sight.

I will keep before me the thought of Thy certain judgment, and remember to be kind and merciful to others that Thou mayest be kind to me.

Let me not rely on my own strength, thinking I can be free from sin by my own power.

Unless Thou, O Lord, help me there is no depth of sin to which I may not sink. My words will be full of bitterness, and sorrow will come upon me.

If I have been a stumbling-block to others I know not what evil I may have done : do Thou pardon me.

The enemy of my soul is always watching me and striving to take me from Thee.

For the attraction of evil is great because of my weakness. Do Thou, O Lord, strongly draw me to Thee.

Quoniam laudatur peccator in desideriiis animæ suæ ; et iniquus benedicitur.

Exacerbavit Dominum peccator : secundum multitudinem iræ suæ non quæret.

Non est Deus in conspectu ejus ; inquinatæ sunt viæ illius in omni tempore.

Auferuntur judicia tua a facie ejus ; omnium inimicorum suorum dominabitur.

Dixit enim in corde suo : Non movebor a generatione in generationem sine malo.

Cujus maledictione os plenum est, et amaritudine et dolo ; sub lingua ejus labor et dolor.

Sedet in insidiis cum divitibus in occultis, ut interficiat innocentem.

Oculi ejus in pauperem respiciunt ; insidiatur in abscondito, quasi leo in spelunca sua.

Insidiatur, ut rapiat pauperem ; rapere pauperem, dum attrahit eum.

In laqueo suo humiliabit eum : inclinabit se et cadet, cum dominatus fuerit pauperum.

Dixit enim in corde suo : Oblitus est Deus ; avertit faciem suam, ne videat in finem.

Exurge, Domine Deus, exaltetur manus tua ; ne obliviscaris pauperum.

Propter quid irritavit impius Deum ? dixit enim in corde suo : Non requirer.

Vides, quoniam tu laborem et dolorem consideras, ut tradas eos in manus tuas.

Tibi derelictus est pauper : orphanus tu eris adjutor.

Contere brachium peccatoris et maligni : quæretur peccatum illius, sed non inveniatur.

Dominus regnabit in æternum, et in sæculum sæculi : peribitis gentes de terra illius.

Desiderium pauperum exaudivit Dominus : præparationem cordis eorum audivit auris tua.

The devil will take constant pains to ruin my soul. I must be always on the watch.

In my trial he suggests to me that Thou, my God, hast abandoned me.

Arise, O Lord ! forget me not though I am poor and worthless.

I will not be as the wicked to provoke Thee ; I will never doubt of Thy kind providence for me.

Thou seest, O Lord, the efforts I have made ; though they are weak they are sincere, and I have always sorrowed for my sin. In Thy mercy towards me Thou shalt overcome the evil one again.

Whilst I am poor I am Thine ; and when I am an orphan Thou shalt be my helper.

Exert Thy power, O Lord, and nothing shall remain of all the designs of the devil. Blot out my sin that there be no trace of it in my soul.

Thou, Lord, shalt reign in my heart for ever, and all that is not Thine shall perish from my mind.

Thou hast heard the desire of my poor soul, O my Lord. Thine ear hath listened for and been interested in the preparations I have made that I may come to Thee in prayer.

I can safely commit my cause to Thee.
I am but a little one in Thy sight ; I am
fatherless if Thou do not help me.
Grant that I take no praise to myself,
but give all that I have to Thee.

Judicare pupillo
et humili ; ut non
apponat ultra
magnificare se
homo super ter-
ram.

In Domino confido. Ps. 10.

I TRUST in Thee, O God ! and no one
shall disturb me. I will not fly
away from Thee, how much soever the
tempter shall try to persuade me to
leave Thee.

He truly recounts the dangers I have
to meet in drawing near to Thee.

The forces of evil have done much to
destroy what the saints have built up
so that it may seem as if there were
nothing that I could hope to do for
Thee.

I will come to Thee in choir. I will
stand before Thee present in the Most
Blessed Sacrament.

Thy eyes will look kindly upon me,
O Lord, because I am poor and unable
to do anything without Thee.

I will remember Thy judgment which
is to come. I will strive to drive away
from me all sin and all false love of self
which will make me a traitor to my own
soul.

IN Domino confi-
do ; quomodo
dicitis animæ
meæ : Transmigra
in montem sicut
passer ?

Quoniam ecce
peccatores inten-
derunt arcum, pa-
raverunt sagittas
suas in pharetra,
ut sagittent in obs-
curo rectos corde.

Quoniam, quæ
perfecisti, destrux-
erunt : justus au-
tem quid fecit ?

Dominus in tem-
plo sancto suo,
Dominus in cœlo
sedes ejus ;

Oculi ejus in pau-
perem respiciunt,
palpebræ ejus in-
terrogant filios ho-
minum.

Dominus interro-
gat justum et im-
pium : qui autem
diligit iniquitatem,
odit animam su-
am.

Pluet super peccatores laqueos ; ignis, et sulphur, et spiritus procellarum pars calicis eorum.

Quoniam justus Dominus, et justitias dilexit ; æquitatem vidit vultus ejus.

Thus only shall I escape Thine anger.

Thou art just and wilt love me if I keep Thy word ; Thy face shall rejoice my heart when I am in Thy grace. Make me, Lord, to be a delight to Thee.

Salvum me fac, Domine. Ps. 11.

SALVUM me fac Domine, quoniam defecit sanctus, quoniam diminutæ sunt veritates a filiis hominum.

Vana locuti sunt unusquisque ad proximum suum : labia dolosa, in corde et corde locuti sunt.

Disperdat Dominus universa labia dolosa, et linguam magniloquam.

Qui dixerunt : Linguam nostram magnificabimus, labia nostra a nobis sunt, quis noster Dominus est ?

Propter miseriam inopum, et gemitum pauperum, nunc exurgam, dicit Dominus.

Ponam in salutari, fiducialiter agam in eo.

SAVE me, O Lord ! for there is no one whom I can wholly trust except Thee. Thy words are always true.

There is vanity and deceit around me. There is one meaning on the lips and another in the heart.

O my Lord ! guard me from this deceit, and from the pride which will make me boastful. Only in humility and subjection to Thee can I hope for security.

I will return Thee all the praise that is given to me. Let me never forget that Thou art all in all to me, my Lord and my God.

If I own my weakness and come before Thee as one needy and poor Thou wilt surely help me.

Thou wilt arise in Thy strength and in Thy power Thou wilt bring me to Thee in safety, and Thou wilt do Thy will in me without hindrance.

Thy words, O Lord ! I can trust, for they are pure words as silver purified seven times. Thy words are always precious to my soul.

I will be confident that 'Thou wilt preserve me from vanity and deceit for ever.

Though the wicked may try their utmost to hinder me I will trust in Thy kindness that I may be added to the multitude of Thy servants which is ever increasing on the earth.

Usquequo, Domine. Ps. 12.

HOW long, O Lord, wilt 'Thou forget me? Thou dost seem to forget me when Thou allowest me to fall into some humiliating fault. Then it seems to me that Thou hast turned away Thy face from me.

Then I turn into myself and have sorrow in my heart all the day.

Then my enemy seems to have me in his power. But I will cry to Thee, O Lord ! Cast Thine eyes upon me and hear me.

Enlighten my eyes that I be ever on the watch : let me not fall into the sleep which is the death of the soul, lest my enemy say that he has indeed prevailed against me.

Eloquia Domini, eloquia casta, argentum igne examinatum, probatum terræ, purgatum septuplum.

Tu Domine servabis nos, et custodies nos, a generatione hac in æternum.

In circuitu impii ambulans : secundum altitudinem tuam multiplicasti filios hominum.

USQUEQUO Domine oblivisceris me in finem? usquequo avertis faciem tuam a me?

Quamdiu ponam consilia in anima mea, dolorem in corde meo per diem?

Usquequo exaltabitur inimicus meus super me? respice et exaudi me, Domine Deus meus.

Illumina oculos meos, ne unquam obdormiam in morte, nequando dicat inimicus meus : Prævalui adversus eum.

Qui tribulant me,
exultabunt, si motus
fuero ; ego autem
in misericordia tua
speravi.

Exultabit cor meum
in salutari tuo,
cantabo Domino
qui bona tribuit
mihi, et psallam
nomini Domini
altissimi.

DIXIT insipiens in
corde suo : Non
est Deus.

Corrupti sunt et
abominabiles facti
sunt in studiis suis :
non est qui faciat
bonum, non est
usque ad unum.

Dominus de cœlo
prospexit super
filios hominum, ut
videat si est intel-
ligens aut requir-
ens Deum.

Omnes declina-
verunt, simul inu-
tiles facti sunt :
non est qui faciat
bonum, non est
usque ad unum.

Sepulchrum pa-
tens est guttur eo-
rum, linguis suis
dolose agebant,
venenum aspidum
sub labiis eorum.

If I be moved from my firm trust in
Thee the evil one will rejoice over me ;
but my hope is in Thy mercy. Do
Thou, my God, in Thy great mercy
preserve me from sinning against Thee.

Fill my heart with joy, and make me
ever ready to sing to Thee who art so
good to me. I will sing to Thy name,
O my God ! My own Lord, in whom I
place all my trust !

Dixit insipiens. Ps. 13.

O MY God ! how vain and foolish will
be my life if I forget Thee, and live
as if Thou wert not ! Let me ever live
in Thy presence.

If I forget Thee, O my God, my ways
will speedily become an abomination to
Thee : I shall fail to see the good there
is in the lives of my brethren, and I shall
take low views in my life. I shall not
do the good Thou wiltest me to do.

I will remember that Thou art ever
looking upon me to see if I am trying to
appreciate Thee in my life, and seeking
to follow Thy will, O my God.

I confess to Thee that I am very
worthless. I do no good with all my
advantages.

How much I offend Thee in my
words ! How often I am careless about
truth ! How bitter in my thoughts
about my companions !

How full of exaggeration in blaming !
How careless I am of the good name of
those who offend me !

I shall be filled with sorrow and there
will be no peace in my life unless I live
constantly in Thy presence. O my God,
give me a filial fear of offending Thee.

Unless I live in Thy presence I shall
persuade myself that there is no punish-
ment for my sins, and so grow worse and
worse in Thy sight.

Peace will leave me, and I shall be
full of the fear of men and be ashamed
to act courageously in Thy service, whilst
there is no true cause of fear.

Thou art ever ready to help all who
do Thy will. However the forces of
evil strive to disturb me, I will put my
trust in Thee. Thou art my hope.

Where am I to look for safety but to
Thee, O my Lord, the salvation of all
who turn to Thee? When all my
trouble is passed I will rejoice and be
glad in Thee for ever.

Domine, quis habitabit. Ps. 14.

O LORD, who am I that Thou hast
called me to dwell in Thy taber-
nacle, and on the holy hill of religious
perfection?

How pure I should be in Thy sight,
and with what earnestness should I run

Quorum os male-
dictione et amari-
tudine plenum est,
veloces pedes eo-
rum ad effunden-
dum sanguinem.

Contritio et in-
felicitas in viis eo-
rum, et viam pacis
non cognoverunt ;
non est timor Dei
ante oculos eorum.

Nonne cognos-
cent omnes qui
operantur iniqui-
tatem, qui devo-
rant plebem meam
sicut escam panis?

Dominum non
invocaverunt : illic
trepidaverunt tim-
ore ubi non erat
timor.

Quoniam Domi-
nus in generatione
justa est : consili-
um inopis confudi-
stis ; quoniam Do-
minus spes ejus
est.

Quis dabit ex
Sion salutare Is-
rael? cum averterit
Dominus captivi-
tatem plebis suæ,
exultabit Jacob et
lætabitur Israel.

DOMINE, quis ha-
bitabit in taberna-
culo tuo? aut quis
requiescet in mon-
te sancto tuo?

Qui ingreditur
sine macula, et

operatur justitiam,

in the way of perfection! This is demanded by Thy justice, O my God!

Qui loquitur veritatem in corde suo, qui non egit dolum in lingua sua,

Make me, O Lord, sincere in heart and careful about truth in my words.

Nec fecit proximo suo malum, et opprobrium non accepit adversus proximos suos.

Help me to be on my guard in word and deed that I do no injury to my neighbour. Let me beware of either casting on him any unjust blame, or of listening to uncharitable tongues which speak against him.

Ad nihilum deductus est in conspectu ejus malignus : timentes autem Dominum glorificat.

Thou seest all the evil that I may so easily fall into : Thou wilt honour me if I fear to offend Thee.

Qui jurat proximo suo, et non decipit, qui pecuniam suam non dedit ad usuram, et munera super innocentem non accepit.

I will strive to be without deceit ; I will keep my word to my neighbour with great exactness ; I will try to be open and just in all my dealings and I will stand up for the innocent.

Qui facit hæc, non movebitur in æternum.

Do Thou in Thy mercy, Lord, give me the grace to stand firm and not be moved from Thy love for ever.

CONSERVA me, Domine. Ps. 15.

CONSERVA me, Domine, quoniam speravi in te ; dixi Domino : Deus meus es tu, quoniam bonorum meorum non eges.

KEEP me constant, Lord, in my religious life, for I have surrendered myself to Thee and put my trust in Thee.

Sanctis qui sunt in terra ejus, mirificavit omnes voluntates meas in eis.

In my profession I have said to Thee, "Thou art my God" : Thou hast no need of me. I can do nothing for Thee, still, Thou canst use me according to Thy will.

Thou hast made manifest to me by the example of Thy saints that all the sanctity I can desire is within my reach if I put all my confidence in Thee.

Evils are multiplied on those who trust in any help but Thine. All such will haste to destruction.

Preserve me, O my God, from following their example or uttering one word in their praise.

Thou, my Lord, art the portion of my inheritance and the source of all my joy. Thou wilt give me the reward Thou hast promised if only I am faithful to Thee. Thou hast given me a choice spot to dwell in. Grant that I may always hold in great esteem the religious life to which Thou hast called me.

O my Lord, I will bless Thee, for Thou hast put into my heart the desire to know Thee and Thy goodness. I will bless Thee also for the restraints of religious life. These shall help me to keep my flesh in control.

I will try to live always in Thy presence, for I know Thou art ever near me to help me to be firm in my purpose.

Because Thou art so near to me my heart is glad, and my tongue has rejoiced to sing Thy praises. My body shall not disturb my hope.

Multiplicatæ sunt infirmitates eorum ; postea acceleraverunt.

Non congregabo conventicula eorum de sanguinibus, nec memor ero nominum eorum per labia mea.

Dominus pars hæreditatis meæ et calicis mei ; tu es qui restitues hæreditatem meam mihi.

Funes ceciderunt mihi in præclaris : etenim hæreditas mea præclara est mihi.

Benedicam Dominum, qui tribuit mihi intellectum : insuper et usque ad noctem increpuerunt me renes mei.

Providebam Dominum in conspectu meo semper ; quoniam a dextris est mihi, ne commovear.

Propter hoc lætatum est cor meum, et exultavit lingua mea : insuper et caro mea requiescet in spe.

Quoniam non derelinques animam meam in inferno, nec dabis sanctum tuum videre corruptionem.

Notas mihi fecisti vias vitæ; adimplebis me lætitia cum vultu tuo; delectationes in dextera tua usque in finem.

My body shall rise again to enjoy Thee, for Thou, Lord Jesus, hast promised to raise me from the dead as Thou didst raise Thy own blessed body on the third day.

The way of life Thou hast made known to me in the life of my Lord. I will wait patiently for the joy of seeing Thee face to face. Keep near me, Lord, and my life shall be full of joy, and thus may I spread abroad Thy joy in other hearts.

Exaudi, Domine. Ps. 16.

EXAUDI Domine justitiam meam : intende deprecationem meam.

Auribus percipe orationem meam : non in labiis dolosis.

De vultu tuo iudicium meum prodeat : oculi tui videant æquitates.

Probasti cor meum, et visitasti nocte ; igne me examinasti, et non est inventa in me iniquitas.

Ut non loquatur os meum opera hominum : propter verba labiorum tuorum ego custodivi vias duras.

GIVE ear, O God, to the petition of Thy Son, our Lord Jesus. He it is who has done Thy will most perfectly, and has fulfilled all justice. He has graciously allowed me to be His associate, and as such I now cry to Thee.

Hear my prayer, for I long to speak to Thee without any deceit.

I will trust Thy judgment, for I know Thou wilt be kind to me for the sake of Thy Son in whom I trust.

Thou hast chosen my heart as Thy dwelling-place. Oh ! make it more worthy of Thee. How kind Thou hast been to me ! Thou hast visited me with trials, especially the trials of religious life. In Thy strength I will strive to be without sin before Thee.

Thou hast called me to separate myself from the ways of men, and for the sake of Thy words calling me I have taken up the small hardships of the monastic life.

Let me grow in perfection in Thine own time. Help me to keep the way Thou hast marked out for me.

I have besought Thee to hear me, and Thou hast graciously listened to me. Bend down Thine ear to me still, O my God !

Thy mercies to me are all the more wonderful, because I am so lowly in Thy service. My only hope is my firm trust in Thee.

Keep me as the apple of Thine eye quite close to Thee, O Lord, that I may never resist Thy will.

Guard me from all danger as if under the shadow of Thy wings. Protect me from all evils which bring nothing but sorrow. My soul is surrounded by many enemies.

I can hope for no kindness from the world. I shall only be injured by the proud words I may hear against Thee.

The world has no care for me. The desires of the world are earthly. I beg of Thee to keep my eyes fixed on Thee.

The world is ever on the watch to ruin my religious life, both openly and in secret.

Arise, O Lord ! Prevent any harm coming to me, and do Thou show Thy power over the world and the evil one.

Perfice gressus meos in semitis tuis ut non moveantur vestigia mea.

Ego clamavi, quoniam exaudisti me Deus : inclina aurem tuam mihi, et exaudi verba mea.

Mirifica misericordias, tuas qui salvos facis sperantes in te.

A resistentibus dexteræ tuæ custodi me ut pupillam oculi.

Sub umbra alarum tuarum protege me : a facie impiorum, qui me affligerunt.

Inimici mei animam meam circumdederunt : adipem suum concluderunt : os eorum locutum est superbiam.

Projicientes me nunc circumdederunt me : oculos suos statuerunt declinare in terram.

Susceperunt me sicut leo paratus ad prædam : et sicut catulus leonis habitans in abditis.

Exurge Domine, præveni eum, et supplantata eum :

eripe animam meam ab impio : frameam tuam ab inimicis manus tuæ.

Domine a paucis de terra divide eos in vita eorum : de absconditis tuis adimpletus est venter eorum.

Saturati sunt filii ; et dimiserunt reliquias suas parvulis suis.

Ego autem in iustitia apparebo conspectui tuo : satiabor, cum apparuerit gloria tua.

Take away from them all the power they have for evil. They are indeed Thine enemies.

Keep the few who truly serve Thee safe from all who follow worldly ways, and who spend their days in feasting.

They consider only what they can gather to leave to their children.

I long to be in Thy sight, clothed in the justice of my Lord's life. I ask not for my full joy till I shall see Thy glory face to face.

Diligam te Domine. Ps. 17.

DILIGAM te Domine fortitudo mea : Dominus firmamentum meum, et refugium meum, et liberator meus.

Deus meus adiutor meus : et sperabo in eum.

Protector meus, et cornu salutis meæ, et susceptor meus.

Laudans invocabo Dominum ; et ab inimicis meis salvus ero.

MY love shall be fixed on Thee, my God, for Thou art my only strength, enabling me to persevere in the vocation Thou hast given me. Thou surroundest me as a firmament. Thou art my refuge in all the trials of life, my protection in all temptation.

Thou art always at my side to help me. I will place all my hope in Thee.

Thou art my protector, and in the Holy Sacrament of the Altar the horn of my salvation. I will run to Thee when in difficulty, for I know that in Thy kindness Thou wilt receive me.

In the Office, the work of praise, I will call upon Thee. Thou wilt surely be my Saviour from all the enemies of my soul.

The dangers that encompass me are very many. There is the danger of sin which is the death of my soul. There is the fierce torrent of my passions.

The temptations of hell are about me, seeking to shake my trust in Thee, and the incitements of pleasure will ensnare me if I be not on my guard.

In all my trouble and danger I will call upon Thee. I will continue to beseech Thee not to abandon me, O my God.

Thou wilt always listen to me in the holy Office when I am attentive to Thee in choir, for Thine ears are open to hear of my affliction, and Thy heart longs to help me.

What shall earth avail if Thou, O Lord, wilt only assist me? For by Thy grace the forces of evil, whether they be from my own nature or from the enemy of souls, shall not be able to stand against Thine anger.

Thou wilt make all hindrances to melt away before Thy face. Thou wilt reduce them to ashes.

Thou didst bow the heavens and come down amongst us, and Thou didst show me in Thy life how Thou dost desire me to walk; and yet Thy ways are so often obscure to me, but Thou wilt lead me to walk in the obscurity of faith, relying on nothing but Thy words, O my God.

Thou dost call me to follow Thee in Thy sublime prayer so far above all the

Circumdederunt me dolores mortis: et torrentes iniquitatis conturbaverunt me.

Dolores inferni circumdederunt me: præoccupaverunt me laquei mortis.

In tribulatione mea invocavi Dominum: et ad Deum meum clamavi.

Et exaudivit de templo sancto suo vocem meam: et clamor meus in conspectu ejus introivit in aures ejus.

Commota est et contremuit terra; fundamenta montium conturbata sunt et commota sunt: quoniam iratus est eis.

Ascendit fumus in ira ejus; et ignis a facie ejus exarsit: carbones succensi sunt ab eo.

Inclinavit cœlos, et descendit: et caligo sub pedibus ejus.

Et ascendit super Cherubim, et volavit: volavit su-

per pennas ventorum.

Et posuit tenebras latibulum suum ; in circuitu ejus tabernaculum ejus : tenebrosa aqua in nubibus aëris.

Præ fulgore in conspectu ejus nubes transierunt : grando et carbones ignis.

Et intonuit de cœlo Dominus ; et Altissimus dedit vocem suam : grando et carbones ignis.

Et misit sagittas suas, et dissipavit eos : fulgura multiplicavit, et conturbavit eos.

Et apparuerunt fontes aquarum, et revelata sunt fundamenta orbis terrarum,

Ab increpatione tua, Domine, ab inspiratione spiritus iræ tuæ.

Misit de summo, et accepit me, et assumpsit me de aquis multis.

Eripuit me de inimicis meis fortissimis ; et ab iis, qui oderunt me : quoniam confortati sunt super me.

choirs of angels, and above all the varying breezes of earthly desires.

Thou, my Lord, desirest me to come to Thee by faith, especially in the religious life, and in the prayer which seems to be answered so little.

I believe, Lord, that Thou art all light, and that the darkness of my present way will be dissipated by Thee in Thine own time, though there may be much for me to bear before I see Thy face.

Now, O Lord, if it be Thy will let the clouds pass that the brightness around Thee may rejoice my heart. Let me hear Thy voice in my heart that I may be encouraged to persevere.

Do Thou as a strong warrior drive away all my enemies.

And as, when Thy people were in great distress in the Red Sea, Thou didst make the waters to stand apart, and didst show them a road by which they might escape, so do Thou now have care of me and lead me as Thou wilt.

Come to me, O my God, and take care of me ; receive me from the many waters of my trials and tribulations.

Deliver me from my strongest enemies who hate me. Deliver me from myself, for I have hated my own soul by seeking myself in preference to Thee.

After many falls, owing to my putting hindrances in Thy way, Thou hast become my protector. Thou hast shown Thy kindness in so many ways.

Prævenērunt me in die afflictionis meæ, et factus est Dominus protector meus.

Thou hast brought me into an open space, *i.e.*, into the free air of religion, and hast saved me from the world, because Thou wast well pleased with me, for I have determined to stay near Thy Son in whom Thou art well pleased.

Et eduxit me in latitudinem : saluum me fecit, quoniam voluit me.

Thou hast given me many graces to urge me to seek perfection. Thy Son desires to share His justice with me and to fill the hands He has washed clean for me with His most precious graces.

Et retribuet mihi Dominus secundum justitiam meam : et secundum puritatem manuum mearum retribuet mihi.

Grant that I may keep Thy ways, O my Lord, and avoid all sin against Thee.

Quia custodivi vias Domini : nec impie gessi a Deo meo.

I will not forget that Thou wilt surely judge me, and I will keep all Thy commands before my eyes. The perfect life of Thy Son I will not put away from me as if it did not concern me.

Quoniam omnia judicia ejus in conspectu meo : et justitias ejus non repuli a me.

In Thy company and by Thy grace I may hope to keep my soul free from sin.

Et ero immaculatus cum eo : et observabo me ab iniquitate mea.

Thou, O Lord, wilt reward me according to the fidelity of my service which Thou so justly demandest of me. If I keep my heart clean before Thee Thou, my God, wilt be good to me.

Et retribuet mihi Dominus secundum justitiam meam : et secundum puritatem manuum mearum in conspectu oculorum ejus.

Division of Ps. 17 in Benedictine Breviary.

CUM sancto sanctus eris : et cum viro innocente innocens eris.

Et cum electo electus eris : et cum perverso perverteris.

Quoniam tu populum humilem salvam facies, et oculos superborum humiliabis.

Quoniam tu illuminas lucernam meam Domine : Deus meus, illumina tenebras meas.

Quoniam in te eripiar a tentatione, et in Deo meo transgrediar murum.

Deus meus impolluta via ejus ; eloquia Domini igne examinata : protector est omnium sperantium in se.

Quoniam quis Deus præter Dominum ? aut quis Deus præter Deum nostrum ?

Deus, qui præcinxit me virtute, et posuit immaculatam viam meam ;

AS I continue in the religious life I must approach nearer and nearer to Thee, my God. Thou wishest to deal with me as with one devoted to the pursuit of sanctity and very careful not to sin against Thee.

Thou lookest to me as one whom Thou hast chosen, and Thou wishest me to choose Thee with all my heart. If I am perverse Thou wilt not be my helper when I need Thee.

If I am humble Thou wilt save me, but if I am proud Thou wilt humiliate me.

O Lord, Thou art my lamp guiding my feet to Thee. Do not leave me to myself, O my God, lest I remain in darkness.

In Thy hands I shall overcome all temptations and surmount all difficulties.

Thou, my God, leadest me along a clean path where there is no defilement. Thy words are pure as if purified by fire. Thou art my protector : I will trust myself in Thy hands.

There is none like to Thee, O God ; there is no one I can trust as I can trust Thee.

Encompass me with Thine own strength, and make my life without blame.

Strengthen my feet to follow Thee even to the high mountains where Thou dwellest.

Teach me, O my God, how to fight against all my enemies. Strengthen my arm that I may have the victory.

Give me ever the protection of the infinite grace Thou hast won for me upon the Cross. I will bear in mind that Thy right hand is ever ready to uphold me.

Grant that the discipline of holy religion may correct all my weaknesses and teach me Thy will.

Make my steps free, and strengthen my feet to follow Thee.

Then shall I be able in Thy strength to overcome myself and break my self-will and trample on all that is base in me.

The enemies of my soul shall have no more power against me.

It is in Thy power, O my God, that this victory will be mine, for it will be Thy grace surrounding me and enabling me to overcome all the evil of my nature.

Grant that my enemies may be driven away and not be allowed to disturb me when I come to die.

All this shall be in Thy strength. I

Qui perfecit pedes meos tanquam cervorum ; et super excelsa statuens me ;

Qui docet manus meas ad prælium ; et posuisti, ut arcum æreum, brachia mea ;

Et dedisti mihi protectionem salutis tuæ, et dextera tua suscepit me ;

Et disciplina tua correxisti me in finem, et disciplina tuæ ipsa me docebit.

Dilatasti gressus meos subtus me : et non sunt infirmata vestigia mea.

Persequar inimicos meos, et comprehendam illos : et non convertar, donec deficiant.

Confringam illos, nec poterunt stare : cadent subtus pedes meos.

Et præcinxisti me virtute ad bellum : et supplantasti insurgentes in me subtus me :

Et inimicos meos dedisti mihi dorsum : et odientes me disperdidisti.

Clamaverunt, nec erat qui salvos fa-

ceret, ad Dominum, nec exaudivit eos.

Et comminuam eos ut pulverem ante faciem venti : ut lutum platearum delebo eos.

Eripiēs me de contradictionibus populi : constitues me in caput gentium.

Populus, quem non cognovi, servivit mihi : in auditu auris obedivit mihi.

Filii alieni mentiti sunt mihi ; filii alieni inveterati sunt ; et claudicaverunt a semitis suis.

Vivit Dominus, et benedictus Deus meus : et exaltetur Deus salutis meæ.

Deus, qui das vindictas mihi, et subdis populos sub me : liberator meus de inimicis meis iracundis.

Et ab insurgentibus in me exaltabis me : a viro iniquo eripies me.

Propterea confitebor tibi in nationibus, Domine : et nomini tuo psallum dicam.

will not forget, O my Lord, that all my progress will be from Thee.

If I but trust to Thee, O God, the victory will be complete, for my enemies shall be reduced to dust and trodden down as the mud in the streets.

Thou hast taken me from the hubbub of the world, and put me in religion where I may further Thy kingdom upon the earth—Thy kingdom which is not of this world.

Thou wilt allow me to win souls for Thee, and to spread the knowledge of Thee and Thy kindness to other hearts.

Do Thou save me from the flattery of those who will not serve Thee in sincerity.

Take up Thy dwelling in me, O my Lord ; be my life, and let the praise of whatsoever Thou givest me to do be given back to Thee.

All the victory I may obtain, and all the influence I may have belong to Thee, for without Thee I should remain a slave to sin.

From the enemies that are within me, *i.e.*, my passions, and those that are without, I look to Thee for help.

Therefore, I will glorify Thee, O Lord, for all that I can do is Thy doing. I will not weary in singing Thy praise, for Thou hast been so good to me, my own loving Lord !

Thou hast delivered me from sadness and self-seeking, and hast shown mercy to me and to my work for ever.

Cœli enarrant. Ps. 18.

AS the heavens tell me of Thy external glory and power, O my God, and the vault of heaven speaks to me of Thy goodness in providing for my bodily wants, so the saints tell me of Thy inner glory, and the whole choir of the blessed speak to me of the graces which Thou hast prepared for those who love Thee.

So, in the religious life, one day calls upon the next for greater effort in Thy service, and the quiet of night gives me time to think of Thy providence.

The testimony of Thy goodness, whether in providing for my bodily needs or the needs of my soul is proclaimed over the whole earth by the voice of nature and by the words of Thy saints who are to be found everywhere.

The voices of the saints who have gone before me speak to me in every language, and by Thy grace, I will listen that I may hear. There is no place in which I may not hear Thy praise, and the voices of those who have loved Thee in past time speak to me always. How little, Lord, have I listened to their words!

As Thou hast made the dwelling place of Thy splendour in the sun, so make the dwelling of all Thy graces in my heart, and rest there as the spouse of my soul.

Magnificans salutes Regis ejus, et faciens misericordiam christo suo David, et semini ejus usque in sæculum.

CÆLI enarrant gloriam Dei, et opera manuum ejus annuntiat firmitamentum.

Dies diei eructat verbum, et nox nocti indicat scientiam.

Nonsunt loquelæ, neque sermones, quorum non audiantur voces eorum.

In omnem terram exivit sonus eorum, et in fines orbis terræ verba eorum.

In sole posuit tabernaculum suum: et ipse tanquam sponsus procedens de thalamo suo.

Exultavit ut gigas ad currendam viam, a summo cœlo egressio ejus,

Et occursus ejus usque ad summum ejus: nec est qui se abscondat a calore ejus.

Lex Domini immaculata, convertens animas: testimonium Domini fidele, sapientiam præstans parvulis.

Justitiæ Domini rectæ, lætificantes corda: præceptum Domini lucidum, illuminans oculos.

Timor Domini sanctus, permanens in sæculum sæculi: judicia Domini vera, justificata in semetipsa.

Desiderabilia super aurum, et lapidem pretiosum multum: et dulciora super mel et favum.

Etenim servus tuus custodit ea: in custodiendis illis retributio multa.

Delicta quis intelligit? ab occultis meis munda me; et ab alienis parce servo tuo.

I will glory in Thy great strength, and never doubt Thy far-reaching mercy.

As Thy creature the sun shineth over the whole earth, giving light and warmth, so do Thou, Lord, shine on every act of my life that I may see Thy will plainly and be filled with the warmth of Thy grace.

Thy law, O Lord, is full of righteousness: my fidelity to it secures my conversion to Thee. Thy loving testimony in Thy life upon earth gives me all the wisdom my lowliness requires.

Keep me close to Thy justice thus revealed to me, and make my joy consist in being faithful to Thy word. I will look for the light necessary for my life in the rule Thou hast given me.

O my Lord, the filial fear of offending Thee will make my life holy, and will give me strength to persevere.

I must esteem my rule more than any delight of life, and more than any honour or good-will from those who would lead me from its observance.

This shall be my reward that I keep Thy rule most exactly.

I will leave all my sins to Thee who hast willingly taken them, and not be anxious, so that they may have no power over me. Forgive me, Lord, if I have led anyone to sin against Thee.

Free me from my sins that I may be wholly clean in Thy sight. Do Thou, O Lord, wash me from all the great sins I have committed against Thee.

Give me grace to speak only for Thy pleasure, and let the prayer of my heart be always in Thy sight.

For Thou art my Lord, my helper and my Redeemer.

Exaudiat. Ps. 19.

O LORD God, hear me and come to my aid now that I am in difficulty. I trust in the protection of Thy name, for I belong to Thee.

I will always look for help from Thee in the tabernacle. There I will go to Thee for consolation. All that is good for me is to be found there, if I but seek it and be willing to receive it from Thee.

Remember the sacrifice Thou hast made for me, O my Lord. Make me join in Thy sacrifice each day with a whole heart.

Fill my heart with desire for Thee and then give Thyself to me. Teach me Thy will, and confirm me in my obedience.

Make me to rejoice in the saving grace Thou hast won for me, and raise me up to Thee in Thy own name.

Grant me, if Thou seest good, what I ask in prayer. Lord, I ask not any-

Si mei non fuerint dominati, tunc immaculatus ero, et emundabor a delicto maximo.

Et erunt ut complaceant eloquia oris mei, et meditatio cordis mei in conspectu tuo semper.

Domine adjutor meus, et redemptor meus.

EXAUDIAT te Dominus in die tribulationis : protegat te nomen Dei Jacob.

Mittat tibi auxilium de sancto : et de Sion tueatur te.

Memor sit omnis sacrificii tui : et holocaustum tuum pingue fiat.

Tribuat tibi secundum cor tuum : et omne consilium tuum confirmet.

Lætabimur in salutari tuo : et in nomine Dei nostri magnificabimur.

Impleat Dominus omnes petitiones

tuas : nunc cognovi, quoniam sal-
vum fecit Domi-
nus Christum su-
um.

Exaudiet illum
de cœlo sancto suo :
in potentatibus
salus dexteræ ejus.

Hi in curribus, et
hi in equis : nos
autem in nomine
Domini Dei nostri
invocabimus.

Ipsi obligati sunt
et ceciderunt : nos
autem surreximus
et erecti sumus.

Domine, sal-
vum fac regem : et ex-
audi nos in die,
qua invocaverimus
te.

DOMINE, in vir-
tute tua lætabitur
rex, et super salu-
tare tuum exulta-
bit vehementer.

Desiderium cor-
dis ejus tribuisti
ei, et voluntate la-
biorum ejus non
fraudasti eum.

Quoniam præ-
venisti eum in
benedictionibus
dulcedinis : posu-
isti in capite ejus
coronam de lapide
pretioso.

thing that is not Thy will to give me.
(Give me the assurance of a good con-
science that Thou wilt save me in the
end.

Hear me from heaven, O my good
God ! Exert the power of Thy kind
right hand and lead me safely to the
home of holiness in Thee.

Many even of Thy servants trust too
securely in the things of earth. Do
Thou prevent me from putting my
heart in anything but Thee.

For those who trust earthly powers
shall surely be entangled and hindered
in their progress to Thee. I beg of
Thee to let me rise above such things,
and to be free.

Lord, save me and make me king over
my evil desires, and be ever near to
hear me when I call on Thee.

Domine, in virtute. Ps. 20.

MY soul, O Lord, shall rejoice in Thy
strength and not in its own. In
Thy salvation, *i.e.*, the salvation given
by Thy son, my soul will rejoice
exceedingly.

Thou hast given my soul its great
desire to offer itself to Thee ; Thou hast
not taken from it the will of its lips on
the day of my holy profession.

Long before I had merited anything
from Thee Thou didst fill my heart with
sweetness, and put a crown of precious
stones on my head, *i.e.*, Thou hast given
me the means of obtaining the mastery
over myself and my unruly passions.

I asked of Thee life : *Suscipe me, Domine, secundum eloquium tuum et vivam* : and Thou hast allowed me to live in Thy company, and hast not tired of me, but Thou dost still promise me to live with Thee for ever and ever.

O Lord, let me truly glory in Thy goodness by being faithful. Thine own glory and beauty are mine, for I am Thine.

How good Thou art to bless me, O my God, for I have nothing of my own ! Make me ever joyful in Thy sweet presence.

I will put all my trust in Thee, Thou Most High Lord, and pray that by Thy great mercy I may persevere.

Do Thou deal with Thine enemies, O God !

How many mercies I have to thank Thee for ! I have deserved all manner of torments.

Thou shalt destroy the wicked so that the fruits of all their designs against Thee and Thy servants shall be of no value to them. They shall have none to follow them and enjoy their ill-gotten goods.

For the wicked have devised all manner of evil against Thee : evils

Vitam petiit a te ; et tribuisti ei longitudinem dierum in sæculum, et in sæculum sæculi.

Magna est gloria ejus in salutari tuo : gloriam et magnum decorem impones super eum.

Quoniam dabis eum in benedictionem in sæculum sæculi : lætificabis eum in gaudio cum vultu tuo.

Quoniam rex sperat in Domino : et in misericordia Altissimi non commovebitur.

Inveniat manus tua omnibus inimicis tuis : dextera tua inveniat omnes, quiteoderunt.

Pones eos ut clibanum ignis in tempore vultus tui : Dominus in ira sua conturbabit eos, et devorabit eos ignis.

Fructum eorum de terra perdes : et semen eorum a filiis hominum.

Quoniam declina-verunt in te mala : cogitaverunt con-

silia, quæ non poterunt stabilire.

Quoniam pones eos dorsum: in reliquiis tuis præparabis vultum eorum.

Exaltare Domine in virtute tua: cantabimus et psallemus virtutes tuas.

which they have not had the power to bring upon Thee.

For all who oppose Thee shall be surely turned back, yet in what Thou leavest to them Thou givest them a chance of returning to Thy favour.

Be Thou exalted, O Lord, in Thy strength. We will sing to Thee, and in Thy psalms praise Thy power.

Deus, Deus meus. Ps. 21.

DEUS, Deus meus, respice in me; quare me dereliquisti? longe a salute mea verba delictorum meorum.

Deus meus clamabo per diem, et non exaudies: et nocte, et non ad insipientiam mihi.

Tu autem in sancto habitas; laus Israel.

In te speraverunt patres nostri: speraverunt et liberaisti eos.

Ad te clamaverunt, et salvi facti sunt: in te spera-

MY God, my God, why hast Thou forsaken me? Look upon me. This is Thy cry, O Lord, on the cross; and it is also my cry, for it seems to me at times that Thou hast really forsaken me. What Thou couldst not say upon the cross, Lord, I can truly say, that my sins stand in the way of my profiting wholly by the salvation Thou hast won for me.

I cry to Thee in the light, and it seems to me that Thou dost not hear. I cry to Thee in the waking moments of the night. Let not my voice sound to Thee as a fool's cry which comes not from the heart.

But I can find Thee in the holy place of the choir where the praises of Thy servants are sung.

There the voices of Thy saints, who have led and are leading a holy life, mingle with my sinful voice.

They cried to Thee and they were made safe; their hope in Thee was not in vain. Hear me now, O Lord; let

my cry be heard and my hope be strengthened as was that of Thy saints. *verunt, et non sunt confusi.*

I am a worm, fit only to live in the earth, and by my inclinations to evil I am scarcely human. I am a fit object of scorn, and worth only to be driven out from among Thy people. *Ego autem sum vermis, et non homo; opprobrium hominum, et abjectio plebis.*

If Thy people knew me as Thou, my good God knowest me, they would surely scoff at me. They would speak hard things against me, and shake their heads at me as if I were of no account; and, dear Lord, they would have ample cause. If they scorned and reviled Thee on the cross, who wast infinitely innocent, what scorn would they not justly heap on me? *Omnes videntes me deriserunt me: locuti sunt labiis, et moverunt caput.*

They cried out at Thee, my Lord, reproaching Thee because Thou wast in their power; and Thy Father allowed Thee to be scorned for my sins. *Speravit in Domino, eripiat eum: salvum faciat eum, quoniam vult eum.*

Thou hast had care of me, and hast been kind to me from my birth, and I will hope in Thee always. Be kind to me now that I am in trouble. *Quoniam tu es, qui extraxisti me de ventre: spes mea ab uberibus matris meæ.*

I have been dependent on Thee all my life, for Thou art my God. In Thy mercy leave me not. *In te projectus sum ex utero; de ventre matris meæ Deus meus es tu, nediscesseris a me.*

Trouble is near me if I leave Thee; there is no other that can in any way help me. *Quoniam tribulatio proxima est: quoniam non est qui adjuvet.*

Evil spirits have surrounded me, and distracted me on every side; *Circumdederunt me vituli multi: tauri pingues ob sederunt me.*

Aperuerunt super
me os suum, sicut
leo rapiens et ru-
giens.

Sicut aqua effu-
sus sum : et dis-
persa sunt omnia
ossa mea.

Factum est cor
meum tanquam
cera liquescens in
medio ventris mei.

Aruit tanquam
testa virtus mea,
et lingua mea ad-
hæsit faucibus me-
is, et in pulverem
mortis deduxisti
me.

Quoniam circum-
dederunt me canes
multi : concilium
malignantium ob-
sedit me.

Foderunt manus
meas et pedes me-
os : dinumerave-
runt omnia ossa
mea.

Ipsi vero consi-
deraverunt et in-
spexerunt me : di-
viserunt sibi vesti-
menta mea : et
super vestem me-
am miserunt sor-
tem.

Tu autem Do-
mine ne elonga-
veris auxilium tu-
um a me : ad de-
fensionem meam
conspice.

Erue a framea
Deus animam me-

They have made me think that I was
a fit prey to them.

I became as water, and all my strength
seemed to leave me, for Thou, O Lord,
didst seem afar off, and without Thee I
have no strength.

I lost heart in my spiritual life, and
I was in the midst of desolation.

The joy of life left me, and all was
dry and parched. I could not speak to
Thee in prayer, for I was lifeless as the
very dust.

Again the evil spirits assailed me,
and tried all their devices against me.

They nailed Thee to the cross, dear
Lord ; and Thou dost wish that I also,
in my small way, should suffer with
Thee.

Whilst I was tried I could get no
help from those who stood by me.
They seemed only to think of what use
they could make of me.

But Thou, O Lord, go not far from
me ; deliver me in Thy mercy.

Be Thou my defence. Save me, O
Lord, from any grievous fall into sin.

Let me not die the death of the malefactor. Save my soul, my only possession, from the devil who wishes to rob me of the only thing I can offer Thee, O my God !

Save me, Lord, humbled by the thought of my sins, from the evil beasts, the devils, and from all their fury.

I will turn wholly to Thee, and show forth the power of Thy name to my brethren. Here in the midst of the Church I will praise Thee.

This shall be my testimony, to fear Thee and praise Thee, Lord. I will praise Thee with all reverence. Let all the children of Thy saints show forth Thy glory in their lives.

I will serve Thee carefully and reverently, for Thou dost not reject the prayer of the poor and humble.

Nor dost Thou turn away from my prayer, for when I earnestly call upon Thee Thou hearest me, and hast often heard me in my life.

To Thee, O Lord, I address my praise. All I can do for Thee is in Thy strength.* In that strength I made my vows to Thee. Do Thou constantly assist me, that I may be faithful to Thee and to the community before whom I made my promises to Thee.

They who are humble in Thy sight, Lord, shall have all that is needful for their spiritual progress ; they will seek Thee in the holy Office, the work of

am : et de manu canis unicam meam.

Salva me ex ore leonis : et a cornibus unicornium humilitatem meam.

Narrabo nomen tuum fratribus meis : in medio ecclesiæ laudabo te.

Qui timetis Dominum, laudate eum : universum semen Jacob glorificate eum.

Timeat eum omne semen Israel : quoniam non sprexit, neque despexit deprecationem pauperis.

Nec avertit faciem suam a me : et cum clamarem ad eum, exaudivit me.

Apud te laus mea in ecclesia magna : vota mea reddam in conspectu timentium eum.

Edent pauperes et saturabuntur ; et laudabunt Dominum, qui requi-

runt eum ; vivent
corda eorum in
sæculum sæculi.

Reminiscentur ,
et convertentur ad
Dominum univer-
si fines terræ.

Et adorabunt in
conspectu ejus uni-
versæ familiæ gen-
tium.

Quoniam Domi-
ni est regnum, et
ipse dominabitur
gentium.

Manducaverunt
et adoraverunt
omnes pingues
terræ : in conspec-
tu ejus cadent om-
nes, qui descen-
dunt in terram.

Et anima mea illi
vivet : et semen
meum serviet ipsi.

Annuntiabitur
Domino generatio
ventura ; et annun-
tiabunt cœli justi-
tiam ejus populo
qui nascetur, quem
fecit Dominus.

DOMINUS regit
me, et nihil mihi

praise, and Thou shalt give them the
life of the heart which they asked of
Thee in their holy profession.

They shall always remember Thy
presence, and shall in all difficulties
turn immediately to Thee, and through
their progress and good works do good
over the whole earth :

So that all may adore Thee, the one
true God.

For Thine is the kingdom, and I will
pray always that Thy kingdom may
come over the whole earth.

Both rich and poor receive of Thy
bounty.

But my soul shall in Thy mercy live
yet more strenuously to Thee, and all
my actions shall serve Thee.

I will, with Thy grace, pass on to
others Thy goodness, O my God, and
with Thy saints I will try to increase
the perfection of life to which Thou
hast called me, so that the good seed of
religious life may grow up for Thy glory
after I have gone with those who shall
be Thy children.

Dominus regit me. Ps. 22.

THOU, O my Lord, the good Shepherd
of my soul, givest me all I require
and leavest me not in any spiritual want
if I but follow Thee closely. Thou

ledest me where the pasture is plentiful. Hast Thou not brought me into Thy own field of the church, and into the choicest portion of that field, the religious life?

Thou hast been kind to me by allowing me to be nourished so frequently with the water of refreshment, even Thy own Most Precious Blood!

How often hast Thou recalled my soul from tepidity and careless ways! Thou hast introduced me to the path of perfection, and hast wished me to advance greatly along that path; Thou hast shown me that to do so I must praise Thy name, and do all that Thou askest me to do for Thee, forgetting myself as much as I can.

Hence, a great joy comes to me, because, walking with Thee, my gentle Lord, I cease to fear all danger, knowing that Thou hast care of me.

Even when Thou strikest me with humiliation, or dost correct me when wandering, it is a consolation to me, for it shows me that Thou hast care of me.

In the holy Sacrament of Thy Body and Blood Thou hast given me a resource against all trouble. Thou hast placed me where the Blessed Sacrament is constantly before me.

Thou, O Lord, hast not left me without sweetness in Thy service, and at times Thou hast allowed me to drink deeply of Thy pleasure.

I know that if I am faithful Thy mercy to me will continue all the days

deerit : in loco pascuæ ibi me collocavit.

Super aquam refectionis educavit me : animam meam convertit.

Deduxit me super semitas justitiæ, propter nomen sum.

Nam, et si ambulavero in medio umbræ mortis, non timebo mala, quoniam tu mecum es.

Virga tua et baculus tuus, ipsa me consolata sunt.

Parasti in conspectu meo mensam, adversus eos, qui tribulant me.

Impinguasti in oleo caput meum : et calix meus inebrians quam præclarus est !

Et misericordia tua subsequetur

me omnibus die-
bus vitæ meæ.

Et ut inhabitem
in domo Domini,
in longitudinem
dierum.

of my life. What a blessing is this, Lord, in spite of all my negligence and infidelity !

Grant, dear Lord, that I may, by Thy will, either fulfil many days in a short space, or spend many days in Thy service, dwelling always in Thy house ; dwelling always with Thee.

Domini est terra. Ps. 23.

DOMINI est terra,
et plenitudo ejus :
orbis terrarum, et
universi qui habi-
tant in eo.

Quia ipse super
maria fundavit
eum : et super flu-
mina præparavit
eum.

Quis ascendet in
montem Domini ?
aut quis stabit in
loco sancto ejus ?

Innocens mani-
bus, et mundo
corde, qui non ac-
cepit in vano ani-
mam suam, nec
juravit in dolo pro-
ximo suo.

Hic accipiet bene-
dictionem a Do-
mino : et miseri-
cordiam a Deo
salutari suo.

O LORD, the whole earth and the fulness of it belongs to Thee, and all men, Thy servants, who dwell on the earth.

For Thou hast created it and made it ready for habitation.

To praise Thee fitly for all Thy blessings Thou hast set apart some few among Thy servants. These are they who shall come before Thee to recite daily the Divine Office and sing Thy praises in choir. This, O Lord, is Thy holy mount and the holy place of Thy delight. Who are they whom Thou callest to this duty ?

The innocent and pure of heart who do not receive their souls in vain. But not only innocence of life and purity of heart are necessary, but also a great care about charity to my neighbour. Thou desirest that I should have no kind of deceit in my dealing with my neighbour.

Then, dear Lord, shall I obtain Thy blessing, and mercy from Thee who art my salvation.

For I belong to the chosen race which seeks Thy face, O God.

Therefore, my soul, throw open thy gates and let the King of Glory enter in.

Who is this King of Glory? None but Thou, my Lord, my strength, my support! Thou art able to protect me in all my struggles with temptation.

O King of Glory, I will open wide my heart and let Thee enter in.

Now Thou comest to my soul bringing the seeds of all the virtues. Come, Lord Jesus, and make my soul fit to be Thy dwelling-place.

Ad te, Domine. Ps. 24.

TO Thee, O Lord, I lift up my soul. I beg of Thee to give me this great grace, that I may be able at all times to lift up my soul to Thee. Thou alone, Lord, canst save me from the shame of forgetting Thee.

If I attempt this by my own power I shall surely fail, and my enemies, the evil spirits, will triumph over me; but all who trust in Thee shall be saved from confusion.

If I sin against Thee with malice I shall be certainly confounded before Thee.

Hæc est generatio quærentium eum, quærentium faciem Dei Jacob.

Attollite portas, principes, vestras; et elevamini portæ æternales: et introibit Rex gloriæ.

Quis est iste Rex gloriæ? Dominus fortis et potens, Dominus potens in prælio.

Attollite portas, principes, vestras; et elevamini portæ æternales: et introibit Rex gloriæ.

Quis est iste Rex gloriæ? Dominus virtutum ipse est Rex gloriæ.

AD te Domine levavi animam meam: Deus meus in te confido, non erubescam.

Neque irrideant me inimici mei: etenim universi, qui sustinent te non confundentur.

Confundantur omnes iniqua agentes supervacue.

Vias tuas Domine
demonstra mihi :
et semitas tuas
edoce me.

Show me Thy ways, O Lord, by
letting me understand Thy precepts, and
enable me to walk always according to
Thy will.

Dirige me in veri-
tate tua, et doce
me; quia tu es
Deus Salvator me-
us, et te sustinui
tota die.

Thou, O Lord, art truth; I rely on
Thee to lead me by Thy own truth, and
to teach me all that I need know. For
Thou art my Saviour and my God in
whom I can trust all the day long.

Reminiscere mi-
serationum tuarum
Domine, et miseri-
cordiarum tuarum,
quæ a sæculo sunt.

Let me not forget Thy mercy to me
in the past, and all Thy kindness to
me. Do Thou, Lord, call these to my
mind if I am at any time forgetful.

Delicta juventutis
meæ, et ignoran-
tias meas ne memi-
neris.

Remember not the sins of my youth
and my long neglect of Thee :

Secundum miseri-
cordiam tuam me-
mento mei tu,
propter bonitatem
tuam Domine.

But bear in mind, O my Lord, the
mercy Thou hast shown to me, and the
great goodness Thou hast lavished
upon me.

Dulcis et rectus
Dominus: propter
hoc legem dabit
delinquentibus in
via.

Thou art always kind to me, my good
God, and so full of desire for my keep-
ing in Thy love, that Thou dost not lose
interest in sinners who have left Thy
way.

Diriget mansue-
tos in iudicio: do-
cebit mites vias
suas.

How much more interest dost Thou
not take in leading the meek of heart
to the heights of perfection! Thou dost
manifest to them the secrets of Thy
love.

Universæ viæ
Domini misERICOR-
dia et veritas, re-
quirentibus testa-
mentum ejus et
testimonia ejus,

All Thy ways, O Lord, are full of
mercy and truth for those who seriously
strive to know Thy will and follow it.

When I fall do Thou pardon my sin,
O Lord. Thou wilt have to pardon me
much, for I am very weak.

If I am reverent before Thee, Thou
wilt show me Thy will. Enable me to
walk firmly in the vocation I have
chosen.

Let my soul dwell securely in the
enjoyment of Thy graces; even of all
the joys of religious life here, and of
heaven hereafter. Let the fruits of a
good life continue for ever.

Thou, O my good God, wilt deal
kindly with all who are lovingly reverent
in Thy service, and Thou wilt show
them Thy will.

Therefore, my eyes shall look up to
Thee, Lord, and hope in Thee. I will
not turn to myself and my own troubles.
Thou wilt release my feet from all that
impedes them.

Look Thou kindly upon me, O Lord,
and have great mercy with me, for
without Thee I am alone and very poor.

Free me, O Lord, from all trouble of
mind, and from all anxiety about the
future.

I will not try to hide my lowliness
from Thee, nor the trouble I have to
keep in the right way; but I will ask
Thee, my kind Lord, to forgive me all
my sins.

Do Thou in Thy great goodness
repress the many enemies who assail my

Propter nomen
tuum Domine propitiaberis peccato
meo : multum est enim.

Quis est homo,
qui timet Dominum? legem statuit
ei in via, quam elegit.

Anima ejus in bonis demorabitur :
et semen ejus hæreditabit terram.

Firmamentum est
Dominus timentibus eum : et testamentum ipsius, ut manifestetur illis.

Oculi mei semper
ad Dominum ;
quoniam ipse evellet de laqueo pedes
meos.

Respice in me, et
miserere mei : quia
unicus et pauper
sum ego.

Tribulationes
cordis mei multiplicatæ sunt : de
necessitatibus meis erue me.

Vide humilitatem
meam, et laborem
meum : et dimitte
universa delicta
mea.

Respice inimicos
meos, quoniam
multiplicati sunt,

et odio iniquo ode-
runt me.

Custodi animam
meam, et erue me :
non erubescam,
quoniam speravi
in te.

Innocentes et
recti adhæserunt
mihi, quia sustinui
te.

Libera Deus Is-
raelex omnibus tri-
bulationibus suis.

soul and hate me, because I have wished
to love Thee, my Lord.

Keep my soul and deliver me ; of
myself I can do nothing, and shall soon
be put to shame if Thou dost not stand
by me. In Thee I place all my hope,

Let the innocent and the right of
heart help me by their example and
prayers, for they are on Thy side.

I hope in Thee, O God, to deliver me,
for my eyes are raised to Thee, hoping
one day to see Thee face to face.

Judica me, Domine. Ps. 25.

JUDICA me Do-
mine, quoniam
ego in innocentia
mea ingressus
sum : et in Domi-
no sperans non
infirmabor.

Proba me Domi-
ne, et tenta me :
ure renes meos et
cor meum.

Quoniam miseri-
cordia tua ante
oculos meos est :
et complacui in
veritate tua.

Non sedi cum
concilio vanitatis :
et cum iniqua
gerentibus non in-
troibo.

Odivi ecclesiam
malignantium : et
cum impiis non
sedebo.

I CALL upon Thee, O Lord, to judge
me ; Thy judgments are so much
more merciful than the judgments of
men. If I hope in Thee Thou wilt
surely protect me from sin and keep me
innocent in Thy sight.

Do not spare me, Lord, in this life,
but try me in the fire of tribulation if it
be Thy will ; but in Thy mercy keep me
pure in body and in heart.

I will no longer trust in myself but in
Thy great mercy, and by Thy grace I
will ever keep Thy kindness before my
eyes. I will strive to take my constant
pleasure in loving Thy truth, *i.e.*, Thy
Son who is the Way, the Truth and the
Life.

I will not waste my time in useless
work which may fill my mind with
distractions, nor will I consort with any
that sin against Thee.

How can I listen to those who are at
enmity with Thee, my Lord and my God ?

I will strive to choose Thy friends, the innocent in life, for my friends ; and I will rejoice to spend my life about Thy altar. How good Thou art, Lord, to allow me to live with these Thy friends !

I will give ear to the voice of praise in the holy Office, and I will try to sing with my heart as with my lips, that I may ponder on all Thy wondrous works.

O my Lord, give me a great love of Thy beauty and of the place where Thy glory dwells in secret.

Thus shall I not waste my life in sin and in deeds that are hateful to Thee.

For such as hate Thee, O Lord, are living in sin ; they think their money of more worth than Thy service.

Have mercy on me, O Lord, that I may serve Thee in all innocence. This I can do only by a great trust in Thy power and mercy.

Keep my feet in the right way, and allow me in choir to praise Thee always with Thy saints.

Lavabo inter innocentes manus meas, et circumdabo altare tuum Domine.

Ut audiam vocem laudis, et enarrem universa mirabilia tua.

Domine, dilexi decorem domus tuæ, et locum habitationis gloriæ tuæ.

Ne perdas cum impiis, Deus, animam meam, et cum viris sanguinum vitam meam.

In quorum manibus iniquitates sunt, dextera eorum repleta est muneribus.

Ego autem in innocentia mea ingressus sum : redime me et miserere mei.

Pes meus stetit in directo : in ecclesiis benedicam te Domine.

Dominus illuminatio mea. Ps. 26.

THOU, O Lord, art the true light which will shine upon me, and go before me to show me the way of my salvation. Why, then, should I fear?

DOMINUS illuminatio mea et salus mea : quem timebo ?

Dominus protector vitæ meæ : a quo trepidabo ?

Dum appropriant super me nocentes, ut edant carnes meas.

Qui tribulant me inimici mei, ipsi infirmati sunt et ceciderunt.

Si consistant adversum me castra, non timebit cor meum.

Si exurgat adversum me prælium, in hoc ego sperabo.

Unam petii a Domino, hanc requiram : ut inhabitem in domo Domini omnibus diebus vitæ meæ :

Ut videam voluptatem Domini, et visitem templum ejus.

Quoniam abscondit me in tabernaculo suo : in die malorum protexit me in abscondito tabernaculi sui.

In petra exaltavit me : et nunc exaltavit caput meum super inimicos meos.

Thou, my Lord, wilt protect me from all evil if I am faithful to Thee, and Thou wilt help me to live my life in all perfection.

Even when the evil spirits attack me, wishing to ruin me,

Thou wilt be at hand to keep the enemies of my soul in check as Thou hast so often done in the past.

I will have courage and not be cast down even if whole armies assail me.

In the very midst of temptation I will take courage and hope entirely in Thee, my Friend and Protector.

One thing I beg of Thee very earnestly, O Lord, that Thou wilt let me dwell near Thee all my life. Do not, in Thy mercy, drive me from the cloister and the tabernacle.

Let me taste the sweetness of Thy presence, and be able to seek Thee always in the Blessed Sacrament.

Thou hast often allowed me to hide my troubles in the Tabernacle, and when I am down-hearted Thou hast made me to know Thou dost uphold me silently from the throne of grace.

Thou has invited me, O my God, to raise myself from all anxiety by hiding myself in the holes of the Rock which is Thine own self, wounded for me on the cross. Make me bold to face all the attacks of my enemy, the evil one.

I will sing to Thy name in thanksgiving, and I will bear willingly the fatigue of the holy Office that I may sing and praise Thy name in psalmody.

O Lord, hear my voice ; have mercy on me and listen to my prayer.

My heart has promised Thee to seek Thy face that I may know Thy will.

Turn not away Thy face from me, nor go far away and leave me desolate, my kind, loving Lord ! Let me never anger Thee by my infidelity. I long to be Thy servant.

My God, Thou art my only hope, my only helper. Do not leave me, and in Thy mercy never despise me, for to whom can I go if Thou desert me ?

Thou hast called me to leave father and mother, but only that Thou mightest more securely take me up.

Thou hast given me a law to direct my life, and hast shown me a path which will keep me from all harm.

Leave me not now, O Lord, or I become a prey to all evil, for evil is still in me, and it rises up to overpower me. The thought of the sins of my youth casts me down, and all kinds of lying imaginations torment me.

Circuivi, et immolavi in tabernaculo ejus hostiam vociferationis : cantabo, et psallendum dicam Domino.

Exaudi Domine vocem meam, qua clamavi ad te : miserere mei et exaudi me.

Tibi dixit cor meum, exquisivit te facies mea : faciem tuam Domine requiram.

Ne avertas faciem tuam a me : ne declines in ira a servo tuo.

Adjutor meus esto, ne derelinquas me : neque despicias me Deus salutaris meus.

Quoniam pater meus et mater mea dereliquerunt me : Dominus autem assumpsit me.

Legem pone mihi Domine in via tua, et dirige me in semitam rectam propter inimicos meos.

Ne tradideris me in animas tribulantium me : quoniam insurrexerunt in me testes iniqui : et confutata est iniquitas sibi.

Credo videre
bona Domini in
terra viventium.

I will look forward and strengthen
my heart in the hope of life with Thee
in the land of the living.

Expecta Domi-
num, viriliter age :
et confortetur cor
tuum, et sustine
Dominum.

I will now hope and act earnestly,
and be of good heart : I will hold closely
to Thee, my Lord and my God !

Ad te, Domine. Ps. 27.

AD te Domine
clamabo, Deus
meus ne sileas a
me : ne quando
taceas a me, et
assimilabor des-
cendentibus in la-
cum.

I WILL cry to Thee, O Lord ; do not
Thou refuse to answer me, lest I be
as one without any hope whose only
end is in the pit of despair.

Exaudi Domine
vocem deprecatio-
nis meæ, dum oro
ad te, dum extollo
manus meas ad
templum sanctum
tuum.

Hear me, my merciful Lord, when I
raise my hands to Thee in prayer.

Ne simul trahas
me cum peccatori-
bus, et cum oper-
antibus iniquita-
tem ne perdas me.

Do not treat me as a sinner, for I rely
on Thy mercy. Do not slay me in my
sin, and destroy me before I have time
to repent.

Qui loquuntur
pacem cum proxi-
mo suo ; mala au-
tem in cordibus
eorum :

Obdurate sinners may have a smiling
face, but their heart is full of evil.

Da illis secundum
opera eorum, et
secundum nequi-
tiam adinventio-
num ipsorum.

Deal with them, O Lord, according to
their works, because of the malice of
their hearts.

Secundum opera
manuum eorum
tribue illis : redde
retributionem eo-
rum ipsis.

Give them their reward as they
deserve.

For they have not understood Thee,
O my God, and Thou canst not build
them up till they know Thee and trust
Thee.

Make my heart humble, O Lord, that
I may bless Thee. Hear Thou the voice
of my supplication.

Give me a trustful heart, and in Thy
mercy let me win Thy protection and
help.

My body also shall rejoice in Thy
help ; it was weakened when I trusted
not in Thee, but now that my will is
given to Thee I will praise Thee with all
my being.

Thou art the strength of soul and
body, O Lord. In Thy protection both
shall gain the heaven won for them by
Thee, O Christ !

Save me, O Lord, and bless me, for I
am Thine and come to Thee. Guide me
all my life in the path of perfection, and
lift me up, mind and body, that I may
be with Thee for ever.

Quoniam non intellexerunt opera Domini, et in opera manuun ejus : destrues illos, et non ædificabis eos.

Benedictus Dominus ; quoniam exaudivit vocem deprecationis meæ.

Dominus adjutor meus et protector meus ; in ipso speravit cor meum, et adjutus sum.

Et refluuit caro mea ; et ex voluntate mea confitebor ei.

Dominus fortitudo plebis suæ, et protector salvationum Christi sui est.

Salvum fac populum tuum Domine, et benedic hæreditati tuæ : et rege eos, et extolle illos usque in æternum.

Afferte Domino. Ps. 28.

I WILL bring to Thee, O my Lord
God, my sacrifices, especially the
sacrifice which Thou Thyself hast given
me, the Lamb of God, Thy own Son. I
am Thy child by so many titles—by
creation, redemption, baptism, and lastly,

AFFERTE Domino
filii Dei : afferte

Domino filios arietum.

Afferte Domino gloriam et honorem ; afferte Domino gloriam nomini ejus : adorete Dominum in atrio sancto ejus.

Vox Domini super aquas, Deus majestatis intonuit : Dominus super aquas multas.

Vox Domini in virtute : vox Domini in magnificentia.

Vox Domini confringentis cedros ; et confringet Dominus cedros Libani.

Et comminuet eas tanquam vitulum Libani : et dilectus quemadmodum filius unicornium.

Vox Domini intercidentis flammam ignis ; vox Domini concutientis desertum : et commovebit Dominus desertum Cades.

Vox Domini præparantis cervos, et revelabit condens : et in templo

by religious profession. I will join with Thy priest daily in Holy Mass in offering this sacrifice to Thee.

I will bring Thee also the sacrifice of my praise in the holy Office. I will glorify Thee as much as I am able. I will be most reverent in the honour I give to Thy name.

I will learn of Thy great power, O Lord, by considering the forces of nature.

I will not fail to trust in Thy power, and I will not miss the enjoyment of the beauty Thou hast spread out for me so lavishly in the heavens.

Thy power is shown in the force of great winds which so easily break down mighty trees.

Thou destroyest the great ones of the earth when it pleaseth Thee. They are reduced to pieces like a calf that is slain in sacrifice. Even Thy Beloved Son was made a worm and no man.

Thou shalt divide the flame, giving heat without light to hell, and perfect light without heat to heaven ; for Thy power is not manifested only now, but it will be for ever and ever, providing good things for those that are faithful. Those who wander from Thee in the desire of sin must expect nothing but trouble.

Whatever is noble in the animal or spiritual life depends on Thee, O Lord, that we may become perfect. Do Thou

make my heart Thy temple that there I may ever speak Thy glory.

Thou makest those who have passed through the flood of temptation to dwell in peace when Thou art acknowledged King over all. Be Thou my King and Ruler for ever.

I will trust in Thy power, O Lord, and I will wait for Thy blessing that Thou make me perfect in Thine own time. May I dwell in peace in Thy tabernacle.

ejus omnes dicent gloriam.

Dominus diluvium inhabitare facit : et sedebit Dominus Rex in æternum.

Dominus virtutem populo suo dabit : Dominus benedicet populo suo in pace.

Exaltabo te, Domine. Ps. 29.

I WILL praise Thee, O Lord, for all Thy kindness to me, taking me in Thy hand, and not letting the evil spirits rejoice in my fall.

I have cried to Thee so often, and Thou hast forgiven me and healed me, O my God.

Thou hast snatched me out of hell, where I should certainly now be but for Thy mercy.

Therefore, confiding in Thy mercy, I will not fear to join even with Thy holy ones in praising Thy holiness.

For though Thou art angry with me because of my sins, Thy will is always that I should return to life.

If I have cause to weep in the evening, I may by repentance have Thy joy again before morning.

I may at times feel secure because of the abundance of Thy mercy, and I

EXALTABO te Domine, quoniam suscepisti me : nec delectasti inimicos meos super me.

Domine Deus meus clamavi ad te, et sanasti me.

Domine eduxisti ab inferno animam meam : salvasti me a descendentibus in lacum.

Psallite Domino sancti ejus : et confitemini memoriæ sanctitatis ejus.

Quoniam ira in indignatione ejus : et vita in voluntate ejus.

Ad vesperum demorabitur fletus : et ad matutinum lætitia.

Ego autem dixi in abundantia

mea : Non movebor in æternum.

Domine in voluntate tua, præstitisti decori meo virtutem.

Avertisti faciem tuam a me, et factus sum conturbatus.

Ad te Domine clamabo, et ad Deum meum deprecabor.

Quæ utilitas in sanguine meo, dum descendo in corruptionem ?

Numquid confitebitur tibi pulvis, aut annuntiabit veritatem tuam ?

Audivit Dominus, et misertus est mei : Dominus factus est adjutor meus.

Convertisti planctum meum in gaudium mihi : conscidisti saccum meum, et circumdedisti me lætitia,

Ut cantet tibi gloria mea, et non compungar : Domine Deus meus in æternum confitebor tibi.

think that I shall not again sin against Thee ;

But I must never forget that all the force I have to resist evil, and be clothed in beauty of soul, depends wholly on conformity to Thy will.

If Thou once turn Thy face from me, my kind, loving Lord, trouble comes to my heart.

So I will ever cry to Thee, my God, and pray very earnestly, lest I presume too much on Thy kindness.

My cry shall be : How shall I serve Thee in hell ? How fulfil the object for which Thou didst make me ?

Shall I be content to be so useless to Thee as never to thank Thee, or show forth Thy truth ?

If Thou, O Lord, wilt but hear me, and have mercy on me, and help me,

My mourning shall be turned into gladness, and all my sorrow shall be quickly turned into everlasting joy.

Then shall I sing to Thee who art my only glory. O Lord my God, then shall my joy be full, for it shall be merged in Thy eternal joy.

In te, Domine. Ps. 30.

IN te Domine speravi, non confundar in æter-

IN Thee, O Lord, my hope is fixed. Put me not to shame in the last day. Thou wilt free me from all my

difficulties if I seek to follow Thy most just will.

In the fervour of my heart I will cry to Thee to bend down and listen to me, and in the time of danger to hasten to my aid.

My good God, be to me a Father and Protector. Be my house of refuge to which I may fly at all times.

For all my strength is from Thee, and if I seek refuge in any other I shall certainly be deceived. Thou, my God, wilt nourish me and make me strong against the enemies of my soul.

Bring me always out of any snare they may set for me, for I rely on Thy help and care.

Into Thy hands I give my soul, for Thou hast been good to me in the past, and I trust Thee, O God of truth.

Thou hatest those whose life is spent in vanity and in useless thoughts.

Enable me, O Lord, to put all my trust in Thee that I may be joyful in Thy mercy.

Thou hast so often regarded my weakness, and hast taken me out of the trouble to which sin has brought my soul.

Thou hast not left me in the hands of the enemy, but hast graciously given

num : in iustitia tua libera me.

Inclina ad me aurem tuam ; accelera, ut eruas me.

Esto mihi in Deum protectorem, et in domum refugii, ut salvum me facias.

Quoniam fortitudo mea et refugium meum es tu, et propter nomen tuum deduces me et enutries me.

Educes me de laqueo hoc, quem absconderunt mihi ; quoniam tu es protector meus.

In manus tuas commendo spiritum meum : redemisti me Domine Deus veritatis.

Odisti observantes vanitates supervacue.

Ego autem in Domino speravi : exultabo et lætabor in misericordia tua.

Quoniam respexisti humilitatem meam : salvasti de necessitatibus animam meam.

Nec conclusisti me in manibus

inimici : statuisti
in loco spatioso
pedes meos.

Miserere mei Do-
mine, quoniam
tribulor ; contur-
batus est in ira
oculus meus, ani-
ma mea et venter
meus.

Quoniam defecit
in dolore vita mea,
et anni mei in
gemitibus.

Infirmata est in
paupertate virtus
mea, et ossa mea
conturbata sunt.

Super omnes ini-
micos meos factus
sum opprobrium,
et vicinis meis
valde, et timor
notis meis.

Qui videbant me,
foras fugerunt a
me : oblivioni da-
tus sum tanquam
mortuus a corde.

Factus sum tan-
quam vas perdi-
tum ; quoniam
audivi vituperatio-
nem multorum
commorantium in
circuitu.

In eo, dum con-
venirent simul ad-
versum me, acci-
pere animam me-
am consiliati sunt.

Ego autem in te
speravi Domine ;
dixi : Deus meus
es tu, in manibus
tuis sortes meæ.

me the freedom of the religious life in
which to serve Thee.

Have mercy on me, O Lord, when I
am in trouble. My eyes are often ready
to weep in anger that I cannot keep
away evil thoughts, and I am in distress
both of body and soul.

For at such times my life seems
worthless to me, and my soul can utter
only complaints.

All my strength leaves me, and I can
only beg as a poor man.

I feel as if all others reproach me, and
that my neighbours blame me in their
thoughts. Even my friends seem afraid
of me.

All who see me seem to avoid me ; I
am as one dead for all the sympathy
that is shown me.

I seem like a useless vessel which is
thrown away ; I take everything I hear
as if it were blame cast at me.

Everyone seems to be against me, and
to be consulting to bring me to nothing.

But I will put my trust in Thee, O
Lord ; I have acknowledged Thee as my
God. My whole life is in Thy hands.

Do Thou save me from all my trouble
and from all my enemies.

Let the light of Thy face shine upon
Thy servant, and be ever merciful to me,
O Lord. Let me never be put to shame
when I call upon Thee.

Let the wicked who have tried to
disturb my soul be put to shame, if it be
Thy will; and let the evil spirits who
have tried to cast me down be them-
selves sent back to hell. May all lying
lips be silenced.

For they have spoken evil against
Thy Just One in pride and in scorn.

O my Lord, how great is the multi-
tude of Thy sweetness for all who truly
reverence Thee!

Thou art ever bountiful to all who
put their trust in Thee, giving them a
great desire of perfection and ample
means of obtaining it.

Thou shalt hide them in Thy loving
Heart from all the disturbance around
them.

Thou wilt give them the refuge of the
cloister, whatever the world may say
against them.

As for me, I will always bless Thee,
O Lord, for Thy wonderful mercy in
placing me in a fenced city, *i.e.*, my
holy Order.

Eripe me de ma-
nu inimicorum
meorum, et a per-
sequentibus me.

Illustra faciem
tuam super servum
tuum; salvum me
fac in misericordia
tua: Domine non
confundar, quoni-
am invocavi te!

Erubescant impii
et deducantur in
infernum: muta
fiant labia dolosa.

Quæ loquuntur
adversus justum
iniquitatem, in
superbia et in abu-
sione.

Quam magna
multitudo dulcedi-
nis tuæ Domine,
quam abscondisti
timentibus te.

Perfecisti eis, qui
sperant in te, in
conspectu filiorum
hominum.

Abscondes eos in
abscondito faciei
tuæ a conturba-
tione hominum.

Proteges eos in
tabernaculo tuo a
contradictione lin-
guarum.

Benedictus Do-
minus, quoniam
mirificavit miseri-
cordiam suam mihi
in civitate munita.

Ego autem dixi
in excessu mentis
meæ : Projectus
sum a facie oculorum
tuorum.

Ideo exaudisti
vocem orationis
meæ, dum clama-
rem ad te.

Diligite Domi-
num omnes sancti
ejus ; quoniam
veritatem requirit
Dominus, et retri-
buet abundanter
facientibus super-
biam.

Viriliter agite, et
confortetur cor
vestrum, omnes
qui speratis in
Domino.

And if at any time I should be cast
down, because Thou seemest to have
left me,

I will turn to Thee in prayer, and
Thou wilt surely hear me.

Therefore, I will call upon all Thy
servants to love Thee, O Lord, for Thy
great faithfulness. I will leave to Thee
all the proud spirits who try to bring
discord into my life.

My soul will take courage, O Lord,
and my heart will be made strong, for I
stand ever with those who put their
trust in Thee.

Beati, quorum. Ps. 31.

BEATI, quorum
remissæ sunt ini-
quitates, et quo-
rum tecta sunt
peccata.

Beatus vir, cui
non imputavit Do-
minus peccatum,
nec est in spiritu
ejus dolus.

Quoniam tacui,
inveteraverunt os-
sa mea dum cla-
marem tota die.

Quoniam die ac
nocte gravata est
super me manus
tua : conversus
sum in ærumna
mea, dum configi-
tur spina.

HOW happy are those, O Lord, whose
sins Thou hast forgiven and covered
in Thy Precious Blood !

He also is blessed in whose heart
Thou seest no will to evil ; whose con-
science is open and sincere, and in
whose life there is no deceit.

There was a time when I could not
speak to Thee, my God, and my sorrow
was, as it were, eating into my very
bones. I did nothing but complain all
the day.

For Thy hand seemed heavy upon
me ; there seemed to be always a thorn
in my flesh, and I was never without
anguish of mind.

But now, O my Lord, I have confessed my sins to Thee, without trying to excuse myself or hiding my baseness from Thee.

As soon as I had determined to be sincere with Thee, Thou didst at once forgive my sin.

May all who wish to serve Thee in holiness of life always entreat Thy help, for no time is unseasonable for turning to Thee.

Even in the stress of severe temptation I will call upon Thee, for temptations shall have no force against me if I turn immediately to Thee.

Thou art my refuge to which I can fly from all troubles which surround me. Thou art my joy in which I am secure against all my foes.

Speak to me, O Lord, these words : I will give thee understanding, and I will instruct thee in the way thou shalt go ; I will fix Mine eyes upon thee.

I will not be unwilling to be led like horse or mule that have no understanding.

Do not, O Lord, treat me as these. Do not bind me with bit and bridle because I will not serve Thee, but make me attentive to Thy Word, and very faithful in obedience to Thee.

If I oppose Thee, O Lord, by my sin and my want of trust there is nothing

*Delictum meum
cognitum tibi feci,
et injustitiam meam
non abscondi.*

*Dixi : Confitebor
adversum me in-
justitiam meam
Domino, et tu re-
misisti impietatem
peccati mei.*

*Pro hac orabit ad
te omnis sanctus
in tempore oppor-
tuno.*

*Verumtamen in
diluvis aquarum
multarum ad eum
non approxima-
bunt.*

*Tu es refugium
meum a tribula-
tione, quæ circum-
dedit me : exulta-
tio mea, erue me
a circumdantibus
me.*

*Intellectum tibi
dabo, et instruam
te in via hac, qua
gradieris, firmabo
super te oculos
meos.*

*Nolite fieri sicut
equus et mulus,
quibus non est in-
tellectus.*

*In camo et fræno
maxillas eorum
constringe, qui
non approximant
ad te.*

*Multa flagella
peccatoris ; spe-
rantem autem in*

Domino miseri-
cordia circumda-
bit.

Lætamini in Do-
mino et exultate
justi, et gloriâmini
omnes recti corde.

but punishment in store for me. Let
Thy mercy be always about me.

Give me of the joy that comes from a
desire for the perfection to which Thou
hast called me, and give me a humble
heart which is ever conformed to Thy
will.

Exultate, justi. Ps. 32.

EXULTATE justî in
Domino : rectos
deceat collaudatio.

Confitemini Do-
mino in cithara :
in psalterio decem
chordarum psallite
illi.

Cantate ei cantî-
cum novum : bene
psallite ei in voci-
feratione.

Quia rectum est
verbum Domini :
et omnia opera
ejus in fide.

Diligit misERICOR-
diam et judicium :
misericordia Do-
mini plena est
terra.

Verbo Domini
cœli firmati sunt ;
et spiritu oris ejus
omnis virtus eo-
rum.

Congregans sicut
in utre aquas ma-
ris : ponens in
thesauris abyssos.

IN my striving after perfection I must
not be downhearted, but joyful in
Thy service, O Lord.

I will praise Thee, my God, with all
the powers Thou hast given me. I
will lift up my voice in Thy praise,
especially in the holy Office.

I will sing to Thee a new song, for I
will give my heart more thoroughly to
Thee day by day.

I will put great trust in Thy Word
which is true with Thy eternal truth,
and I will try to acknowledge as a gift
from my most faithful friend all Thou
sendest me, however hard it is to bear.

How upright and gracious hast Thou
not been to me ! The earth is full of
Thy goodness and mercy.

Thou art great and powerful, O Lord,
the Creator of all things by Thy word.

Thou didst gather the waters together,
and didst make great hollows for them
to rest in.

Mindful of Thy greatness, I must be careful and reverent in Thy presence.

For by Thy word alone Thou didst create all things.

O Lord, I can trust in no counsel but Thine. Thou canst turn to folly the designs of men. The selfish designs of the rulers of the world Thou dost render of no avail.

Thy words alone endure for ever. I will listen to them, and the whisperings of Thy heart I will be careful to hear.

Bless me, O Lord, for I am Thy child. Thou art my Lord God; I am Thy inheritance, and Thou hast chosen me. Of myself I am worthless, but of great value if, by Thy grace, I am faithful to Thee.

Make me pleasing to Thee, O Lord, for I am always in Thy sight.

Make a home for Thyself in my heart. Look on me with Thy merciful eyes, my kind, loving Lord.

I will leave all judgment to Thee who knowest the hearts of men, for Thou alone dost understand.

No king can stand against Thee, nor

Timeat Dominum
omnis terra : ab
eo autem commo-
veantur omnes in-
habitantes orbem.

Quoniam ipse
dixit, et facta
sunt : ipse manda-
vit, et creata sunt.

Dominus dissipat
consilia gentium ;
reprobat autem
cogitationes popu-
lorum ; et reprobat
consilia princi-
pum

Consilium autem
Domini in æter-
num manet : cogi-
tationes cordis ejus
in generationem
et generationem.

Beata gens, cu-
jus est Dominus
Deus ejus ; popu-
lus, quem elegit in
hæreditatem sibi.

De cælo respexit
Dominus : vidit
omnes filios homi-
num.

De præparato ha-
bitaculo suo, re-
spexit super om-
nes, qui habitant
terram.

Qui finxit singil-
latim corda eo-
rum : qui intelligit
omnia opera eo-
rum.

Non salvatur rex
per multam virtu-
tem : et gigas non

salvabitur in multitudine virtutis suæ.

Fallax equus ad salutem : in abundantia autem virtutis suæ non salvabitur.

Ecce oculi Domini super metuentes eum ; et in eis, qui sperant super misericordia ejus.

Ut eruat a morte animas eorum : et alat eos in fame.

Anima nostra sustinet Dominum ; quoniam adiutor et protector noster est.

Quia in eo lætabitur cor nostrum : et in nomine sancto ejus speravimus.

Fiat misericordia tua Domine super nos ; quemadmodum speravimus in te.

BENEDICAM Dominum in omni tempore : semper laus ejus in ore meo.

In Domino laudabitur anima mea : audiant mansueti et lætentur.

Magnificate Dominum mecum : et exaltemus nomen ejus in idipsum.

is any strength of worth unless it come from Thee.

Nothing can save me if I leave Thee, my God.

Give me a holy fear of Thee, my Lord, and a great trust in Thine infinite mercy. Cast Thine eyes upon me, and let me never forget Thy loving presence.

Then shalt Thou deliver me from sin, and shalt encourage me in the time of desolation.

I will wait with patience Thy good time, O my God. Thou alone art my helper and protector.

My heart will rejoice in Thee, for I will trust in Thy holy Name.

May Thy mercy, O Lord, be upon me, because I have hoped in Thee.

Benedicam Dominum. Ps. 33.

I BLESS Thee, O my God, for allowing me to spend my time in singing Thy praises all the day.

Make me, O Lord, meek and humble of heart, and my soul shall rejoice in Thy glory.

I will magnify Thee, and pray that others may exalt Thy holy Name together with me.

I will seek Thee, Lord, till I find Thee; I will speak to Thee, and Thou wilt hear and deliver me in the moment of trial.

I will come to Thee, Lord, and be enlightened, and with the strength of Thy grace I shall not be fearful before Thee.

I will come to Thee as one little and poor, and Thou wilt hear me and save me from my troubles.

To those who fear Thee with a loving fear Thou wilt send Thy angels to be constantly about them to deliver them.

O my Lord, give me to taste how sweet Thou art, and bless me for I trust in Thee.

A loving fear of Thee must be in my heart, that I may be reverent to Thee; then Thou wilt be good to me, and I shall not be in need.

If I trust myself I shall be in want, and shall not taste the sweets of Thy converse. But if I seek Thee, O Lord, I shall not be deprived of any good.

I am Thy child by many titles. I will listen to Thee and Thou wilt guide me aright. Thou wilt instil all reverence into me.

I have longed for life, the full life of my soul. I will listen to Thee, my God, that I may secure the life I desire.

I must keep a guard on my tongue that it speak no evil, either against

Exquisivi Dominum, et exaudivit me: et ex omnibus tribulationibus meis eripuit me.

Accedite ad eum et illuminamini: et facies vestrae non confundentur.

Iste pauper clamavit, et Dominus exaudivit eum: et de omnibus tribulationibus ejus salvavit eum.

Immittet Angelus Domini in circuitu timentium eum, et eripiet eos.

Gustate et videte, quoniam suavis est Dominus: beatus vir, qui sperat in eo.

Timete Dominum omnes sancti ejus, quoniam non est inopia timentibus eum.

Divites eguerunt et esurierunt: inquirentes autem Dominum non minuentur omni bono.

Venite filii, audite me: timorem Domini docebo vos.

Quis est homo, qui vult vitam? diligit dies videre bonos?

Prohibe linguam tuam a malo; et

labia tua ne loquantur dolum.

Diverte a malo, et fac bonum : inquire pacem, et persequere eam.

Oculi Domini super justos : et aures ejus in preces eorum.

Vultus autem Domini super facientes mala ; ut perdat de terra memoriam eorum.

Clamaverunt justi, et Dominus exaudivit eos : et ex omnibus tribulationibus eorum liberavit eos.

Juxta est Dominus iis, qui tribulato sunt corde : et humiles spiritus salvabit.

Multæ tribulationes justorum : et de omnibus his liberabit eos Dominus.

Custodit Dominus omnia ossa eorum : unum ex his non conteretur.

Mors peccatorum pessima : et qui oderunt justum, delinquent.

Redimet Dominus animas servorum suorum : et non delinquent omnes, qui sperant in eo.

Thee by murmuring, or against my neighbour by hasty judgment.

I will turn away from evil with Thy help, my God ; and I will do all the good Thou layest to my hand, so that I may seek peace and pursue it.

Thine eyes, O Lord, will be upon me if I am upright. Thine ears will be attentive to my prayers.

Thine anger will be roused against me if I commit wilful sin. Thou wilt act as if Thou hadst forgotten my existence.

Thou wilt hear the cry of a righteous heart, and deliver me from all trouble.

Thou, O my God, art very near me when I sorrow for my sin ; and when I am humble I may safely trust in Thee.

When troubles come upon me I may still trust Thee ; Thou wilt be good to me.

Thou wilt have care of me that no harm befall me.

If I lose hope in Thee, my God, misfortune will make me sad.

But if I trust in Thee Thou wilt guard me, and wilt not leave me an orphan and desolate, but Thou wilt Thyself console me and comfort me.

Judica, Domine. Ps. 34.

O LORD, take up the cause of Thy Church against the enemies which assail it, and the cause of my soul against all that oppose my religious life.

Be to me a strong defence, lending me the arms I need to make me safe against attack.

O my God, stand in front of me and break the force of the attack upon me. Let me know that Thou art my salvation.

Reduce to shame the enemies of Thy Church as Thou hast so often in the past confounded the enemy of souls.

Let those who think evil of Thy Church and Thy holy ones be turned back from their purpose, and let them be ashamed.

If they persist in their evil ways do Thou reduce them to dust, which has no power to do harm, and let Thy holy angels pursue them.

How terrible, O Lord, is the state of those who wilfully sin against Thee. Darkness blinds the eyes, and there is no firmness for the feet. The soul is driven in much terror by Thy angels. Save me from such a state.

Alas! I have given the enemies of my soul many opportunities of bringing me to ruin. O Lord, grant that for the future I may give them no assistance.

In Thy mercy save me from all the snares of the evil one. May he be

JUDICA Domine nocentes me: expugna impugnantes me.

Apprehende arma et scutum: et exurge in adjutorium mihi.

Effunde framem, et conlude adversus eos, qui persequuntur me; dic animæ meæ: Salus tua ego sum.

Confundantur et revereantur quærentes animam meam.

Avertantur retrorsum et confundantur. cogitantes mihi mala.

Fiant tanquam pulvis ante faciem venti: et Angelus Domini coarctans eos.

Fiat via illorum tenebræ et lubricum: et Angelus Domini persequens eos.

Quoniam gratis absconderunt mihi interitum laquei sui: supervacue exprobraverunt animam meam.

Veniat illi laqueus, quem ignorat; et captio, quam

abscondit, apprehendat eum : et in laqueum cadat in ipsum.

Anima autem mea exultabit in Domino, et delectabitur super salutari suo.

Omnia ossa mea dicent : Domine, quis similis tibi ?

Eripiens inopem de manu fortiorum ejus ; egenum et pauperem a diripientibus eum.

Surgentes testes iniqui, quæ ignorabam, interrogabant me.

Retribuebant mihi mala pro bonis, sterilitatem animæ meæ.

Ego autem, cum mihi molesti essent, induebar cilicio.

Humiliabam in jejuniis animam meam : et oratio mea in sinu meo convertetur.

Quasi proximum et quasi fratrem nostrum, sic complacebam : quasi lugeus et contristatus, sic humiliabar.

caught and confounded by his own temptation.

Do Thou, O Lord, allow me to have the joy of escape, and to rejoice in Thee who wilt save me.

I shall be drawn closer to Thee, Lord, by Thy kind protection. May I ever esteem Thee above all, for there is none like unto Thee.

Thou deliverest my poor soul from the strong assaults of the devil, against whom I am unable to stand if Thou help me not. He strives to rob me of all Thou hast given me.

He is ever ready to fill my conscience with anxiety.

His seeming friendship brings me nothing but evil. He would make my soul incapable of any good action.

At least, I can take up the mortification of my flesh when the spirits of darkness molest me with evil thoughts.

I will with Thy help, my God, humble myself and restrain my appetite. Humility and mortification will, by Thy grace, free me from the wiles of the devil. I will bow myself down in prayer to Thee from whom all strength will come to me.

In my youth I behaved as if the evil one was my friend, but now I am humbled and in grief for all my folly.

All the time the devil rejoiced, thinking he held me safely. I find now that my foolish and sinful ways were preparing torment for me as I grew older.

Even then, O Lord, Thou didst drive the evil spirits away from me at times, but they came back as soon as I had left Thy protection. They dealt with me as if I were unable to resist.

O Lord my God, cast Thine eyes upon me. Bring back my soul from the lamentable state to which their malice had reduced it. I have nothing to return to Thee till my soul is my own again.

I will thank Thee in the holy choir. I will unite myself to Thy army—Thy faithful—and praise Thee in the name of the whole Church.

Let not Thine enemies have any reason for rejoicing over me again, O Lord, or of scorning my weakness. Let them know that Thou art near to help me.

The evil spirits told me that negligence would do me no lasting harm, but I know now how falsely they spoke.

Even then they were ready to confuse me with the noise they made in my heart, but now they bring to my mind every folly of the past.

Thou also wast present, Lord, for Thou seest all things. Speak now, Lord, and let mine enemies know that

Et adversum me lætati sunt et convenerunt : congregata sunt super me flagella, et ignoravi.

Dissipati sunt nec compuncti : tentaverunt me, subsannaverunt me, subsannatione : frenduerunt super me dentibus suis.

Domine quando respicies ? restitue animam meam a malignitate eorum : a leonibus unicam meam.

Confitebor tibi in ecclesia magna : in populo gravi laudabo te.

Non supergaudeant mihi, qui adversantur mihi inique : qui oderunt me gratis et annuunt oculis.

Quoniam mihi quidem pacifice loquebantur : et in iracundia terræ loquentes, dolos cogitabant.

Et dilataverunt super me os suum ; dixerunt : Euge, euge, viderunt oculi nostri.

Vidisti Domine, ne sileas ; Domine

ne discedas a me.

Thou hast consented to stay by me to protect me.

Exurge et intende
judicio meo, Deus
meus et Dominus
meus, in causam
meam.

'Too long have I delayed to call upon Thee. My Lord and my God, take up my cause now. I commit all to Thee.

Judica me secundum
justitiam tuam Domine Deus
meus, et non supergaudeant mihi.

Remember, O Lord, that my cause is Thine, for Thou hast taken it up by condescending to become my brother, my helper.

Non dicant in
cordibus suis : Euge,
euge, animæ nostræ ;
nec dicant : Devoravi-
mus eum.

Let not the evil spirits have any more part in me, nor let them take me down to themselves in hell.

Erubescant et re-
vereantur simul,
qui gratulantur
malis meis.

Bring shame upon the evil one for all the evil he has wrought against me.

Induantur confu-
sione et reveren-
tia, qui magna
loquuntur super
me.

Let him be brought to shame for all his evil inspirations to me.

Exultent et læ-
tentur, qui volunt
justitiam meam ;
et dicant semper :
Magnificetur Do-
minus, qui volunt
pacem servi ejus.

But let all who love Thy justice be glad and rejoice, because Thou hast taken me up and consoled me. Let them magnify Thy name, O Lord, for that Thou hast made me long to bring glory to Thee.

Et lingua mea
meditabitur justi-
tiam tuam ; tota
die laudem tuam.

Then I will keep in my heart the desire of perfection, and sing Thy praises all the day long.

Dixit injustus. Ps. 35.

DIXIT injustus, ut
delinquat in seme-
tipso : non est ti-
mor Dei ante oculos
ejus.

THE sinner flatters himself that Thou, Lord, wilt take no notice of his sin.

Yet he is ever deceitful in Thy sight, and the end of his sin is that Thy love is turned away from him.

He even speaks evil against Thee, and pretends a reverence for Thee which he does not feel. He is wise in his own conceits, but in Thy sight he is ignorant and foolish.

He is never content with his own sin, but goes from bad to worse, and all evil becomes possible to him.

Yet Thy mercy and kindness are manifest to all, and Thy truth, in which we may have full confidence, is plainly before our eyes.

Thy justice, O God, is as evident as the mountains. The certainty of Thy judgments is as terrible as the sea.

Thy bounty, O Lord, is manifest in the beasts of the earth which Thou feedest, and in men whom Thou lovest so tenderly there is no end to Thy mercy, O my good God !

The children of men may confidently trust Thee. They will be safe under Thy loving protection.

It is in Thy Church Thou principally showest Thy kindness, satisfying hearts with abundant graces, and showing Thy children in what their true pleasure consists.

For Thou, my Lord, art the fount of true life, and in the light of Thy face I hope to see Thee, the true Light.

Quoniam dolose egit in conspectu ejus; ut inveniatur iniquitas ejus ad odium.

Verba oris ejus iniquitas et dolus : noluit intelligere, ut bene ageret.

Iniquitatem meditatus est in cubili suo ; astitit omni viæ non bonæ : malitiam autem non odivit.

Domine in cœlo misericordia tua, et veritas tua usque ad nubes.

Justitia tua sicut montes Dei : judicia tua abyssus multa.

Homines et jumenta salvabis Domine; quemadmodum multiplicasti misericordiam tuam Deus.

Filii autem hominum in tegmine alarum tuarum sperabunt.

Inebriabuntur ab ubertate domus tuæ : et torrente voluptatis tuæ potabis eos.

Quoniam apud te est fons vitæ : et in lumine tuo vidimus lumen.

Prætede miseri-
cordiam tuam
scientibus te : et
justitiam tuam his,
qui recto sunt
corde.

Non veniat mihi
pes superbiæ, et
manus peccatoris
non moveat me.

Ibi ceciderunt,
qui operantur iniqui-
tatem : expulsi
sunt, nec potue-
runt stare.

Stretch forth Thy mercy and let us know Thee more clearly. Make me pleasing to Thee by the sincerity of my love of Thee.

Let no one who is not Thy humble child come against me to take away my peace. Let not any sinner disturb me from the rest I have found in Thee.

Thou wilt see that the workers of iniquity shall have no power to harm me. Thou wilt cast them out. They cannot stand against Thee.

Noli æmulari. Ps. 36.

NOLI æmulari in
malignantibus, ne-
que zelaveris faci-
entes iniquitatem.

Quoniam tan-
quam fœnum velo-
citer arescent,
et quemadmodum
olera herbarum
cito decident.

Spera in Domino,
et fac bonitatem,
et inhabita terram,
et pascere in divi-
tiis ejus.

Delectare in Do-
mino, et dabit tibi
petitiones cordis
tui.

Revela Domino
viam tuam, et
spera in eo, et ipse
faciet.

Et educet quasi
lumen justitiam
tuam, et judicium
tuum tanquam
meridiem : subdi-

THOU, O my Lord, wishest me not to lose heart, because evil doers seem to prosper.

For all their prosperity is short lived, but the goods Thou offerest to Thy servant are eternal.

Therefore, I will live in hope, cleaving to a good life, for the home Thou offerest me is in heaven, and Thy riches shall never fail.

With my whole heart I will seek my joy in Thee, O Lord, for Thou alone canst satisfy my desires.

I will be open and sincere with Thee, relying on Thee that Thou wilt, by Thy grace, fulfil Thy will in me.

Thou wilt allow me to advance in Thy love which is my only justice, and make me always follow Thy will which is my only true judgment. I will be

obedient to Thee and open my heart to Thee in prayer.

I will no longer esteem earthly prosperity, for without Thee it is always accompanied by evil.

I will bridle my temper, and strive to keep myself from desiring any evil.

For if I seek to do evil I am in danger of punishment from Thee, but if I wait in patience and continue to trust in Thee Thou wilt see that I have a lasting reward.

The time of the wicked is very short here, and nothing will be left to mark their prosperity ;

But the meek who hope in Thee, O Lord, shall be in joy and peace for ever.

Sinners may do what they will to annoy the good ;

But Thou, O Lord, wilt laugh at all their attempts, for Thou seest all time, and Thou knowest how completely sin will be punished.

Sinners use all external means to dismay the good :

They jeer at the poverty and earthly distress of the saints :

tus esto Domino,
et ora eum.

Noli æmulari in eo, qui prosperatur in via sua, in homine faciente injustitias.

Desine ab ira, et derelinque furorem : noli æmulari, ut maligneris.

Quoniam, qui malignantur, exterminabuntur : sustinentes autem Dominum, ipsi hæreditabunt terram.

Et adhuc pusillum, et non erit peccator : et quæres locum ejus, et non invenies.

Mansueti autem hæreditabunt terram, et delectabuntur in multitudine pacis.

Observabit peccator justum, et stridebit super eum dentibus suis.

Dominus autem irridebit eum ; quoniam prospicit, quod veniet dies ejus.

Gladium evaginantur peccatores : intenderunt arcum suum,

Ut dejiciant pauperem et inopem, ut trucident rectos corde.

Gladius eorum
intret in corda ip-
sorum, et arcus eo-
rum confringatur.

Melius est modi-
cum justo super
divitias peccato-
rum multas.

Quoniam brachia
peccatorum con-
terentur : confir-
mat autem justos
Dominus.

Novit Dominus
dies immaculato-
rum ; et hæreditas
eorum in æternum
erit.

Non confunden-
tur in tempore
malo ; et in diebus
famis saturabun-
tur ; quia pecca-
tores peribunt.

Inimici vero Do-
mini, moxut hono-
rificati fuerint, et
exaltati, deficien-
tes quemadmo-
dum fumus defi-
cient.

Mutuabitur pec-
cator et non sol-
vet : justus autem
miseretur et tri-
buet.

Quia benedicen-
tes ei hæredita-
bunt terram : maledi-
centes autem ei
disperibunt.

Apud Dominum
gressus hominis

But Thou, O Lord, wilt turn all their
cruelty upon themselves. Thou wilt
show how worthless are their attempts
to annoy Thy holy ones.

A little is far better for a just man,
for he can have contentment in the
enjoyment of it, than great riches are to
the wicked, which often bring only
remorse.

For the wicked stand alone, without
Thee, and they are speedily destroyed ;
but the just are under Thy protection
and stand firmly.

Thou, my Lord, hast regard to the
eternal peace of the innocent.

They shall not be cast down when
temporal evils come upon them. Thou
wilt see that they are not tried beyond
their strength ; but the wicked shall
have no hope.

The honour of this world, which is at
times given to the wicked, is as worthless
as smoke.

The sinner can not be trusted ; he
will repudiate his just debts ; but the
good man will have mercy, and would
rather give out of his want.

They that bless Thee shall be re-
membered by Thee, but they that abuse
Thee Thou wilt destroy.

Every step of those who will to serve
Thee is under Thy kind guidance, and

Thou wilt see that it is pleasing to Thee.

Even when I fall I shall not be hurt, for Thy kind hand will be stretched out to support me.

This is the experience of all who look with loving eyes on Thy kind providence, that the good are under Thy protection.

Thou, Lord, wouldst have me very merciful and kind to others because of Thy mercy to me. Make me like to Thyself in kindness, and bless all who strive to follow Thee in mercy.

Division of Ps. 36 in Benedictine Breviary.

GRANT me then that I turn from evil and join myself to Thee, that Thou mayest give me an everlasting dwelling with Thee in heaven.

For Thou wilt most surely be just to Thy servants, and never forsake them if they try to follow in Thy footsteps. Thou hast prepared heaven for their reward.

On the other hand, those who will not serve Thee will most certainly be punished, and there shall remain nothing of all their works.

Thy servants who give Thee what is Thine, their faithful service, shall have a possession which will last for all eternity, and they shall dwell with Thee for ever in heaven.

Therefore, whilst I am here let me fill my heart with Thy wisdom and speak the praise of Thy just judgments.

dirigentur, et viam ejus volet.

Cum ceciderit, non collidetur, quia Dominus supponit manum suam.

Junior fui, etenim senui, et non vidi justum derelictum, nec semen ejus quærens panem :

Tota die misere-tur et commodat ; et semen illius in benedictione erit.

DECLINA a malo, et fac bonum, et inhabita in sæculum sæculi :

Quia Dominus amat judicium ; et non derelinquet sanctos suos : in æternum conservabuntur.

Injusti punientur, et semen impiorum peribit.

Justi autem hæreditabunt terram, et inhabitabunt in sæculum sæculi super eam.

Os justi meditabitur sapientiam, et lingua ejus loquetur judicium.

Lex Dei ejus in corde ipsius ; et non supplantabuntur gressus ejus.

Considerat peccator justum, et quærit mortificare eum.

Dominus autem non derelinquet eum in manibus ejus ; nec damnabit eum, cum judicabitur illi.

Expecta Dominum, et custodi viam ejus ; et exaltabit te, ut hæreditate capias terram : cum perierint peccatores, videbis.

Vidi impium superexaltatum, et elevatum sicut cedros Libani :

Et transivi, et ecce non erat ; et quæsi eum, et non est inventus locus ejus.

Custodi innocentiam, et vide æquitatem ; quoniam sunt reliquæ homini pacifico.

Injusti autem disperibunt simul : reliquæ impiorum interibunt.

Salus autem justorum a Domino, et protector eorum in tempore tribulationis.

Let Thy law be in my heart, O my God, and by Thy grace may my feet be firm to walk in Thy love.

For though the wicked shall watch his opportunity, and strive to ruin all the good he finds on earth,

Thou, O Lord, wilt not abandon me, nor wilt Thou be hard on me in the Day of Judgment.

I must be content to wait for Thy time, Lord, for Thy promise is firm, that if I am faithful I shall remain in Thy love.

The whole history of man proclaims that though Thou dost sometimes allow the sinner to be exalted for our trial,

He shall surely be brought down, and remembered only as a by-word.

That I may be Thine for ever, O Lord, I will value a pure heart, and keep my eyes on the perfection to which Thou hast called me.

Sinners will go down together to eternal perdition, for they trust in themselves.

But the innocent shall be saved by Thy grace, O Lord. Thou wilt never forsake them.

Thou wilt give them help and deliverance, and Thou wilt save them from the persecutions of sinners. Thou wilt bring them to Thyself because of their trust in Thee.

Et adjuvabit eos Dominus, et liberabit eos; et eruet eos a peccatoribus, et salvabit eos; quia speraverunt in eo.

Domine, ne in furore. Ps. 37.

O LORD, I acknowledge that I deserve all the punishment Thou canst send me, but I pray Thee be no longer angry with me;

DOMINE ne in furore tuo arguas me, neque in ira tua corripas me:

For I have suffered much because of my sin and my neglect of Thee. The wounds are still with me, and the difficulties of my following Thee seem hard to me at times.

Quoniam sagittæ tuæ infixæ sunt mihi, et confirmasti super me manum tuam.

I am not as one in full health and able to avoid Thine anger. I have not the peace I desire, for my sins have made me down-hearted.

Non est sanitas in carne mea a facie iræ tuæ; non est pax ossibus meis a facie peccatorum meorum:

My past sins have darkened the clearness of my judgment; they are always with me, keeping me from any free movement towards Thee.

Quoniam iniquitates meæ supergressæ sunt caput meum, et sicut onus grave gravatæ sunt super me.

I now hate my sins, for they are noisome to me. They remind me of folly in the past, and warn me of weakness.

Putruerunt et corruptæ sunt cicatrices meæ, a facie insipientiæ meæ.

My sins make me very miserable. They oppress me and fill me with sorrow.

Miser factus sum, et curvatus sum usque in finem: tota die contristatus ingrediebar.

For my flesh has been to me a snare; it has lost its subjection to Thy will in which its only health is found.

Quoniam lumbi mei impleti sunt illusionibus, et non est sanitas in carne mea.

Afflictus sum et humiliatus sum nimis ; rugiebam a gemitu cordis mei.

Domine ante te omne desiderium meum, et gemitus meus a te non est absconditus.

Cor meum conturbatum est, dereliquit me virtus mea, et lumen oculorum meorum, et ipsum non est mecum.

Amici mei et proximi mei adversum me appropinquaverunt et steterunt.

Et qui juxta me erant, de longe steterunt ; et vim faciebant, qui quærebant animam meam.

Et qui inquirebant mala mihi, locuti sunt vanitates, et dolos tota die meditabantur.

Ego autem tanquam surdus non audiebam, et sicut mutus non aperiens os suum.

Et factus sum sicut homo non audiens, et non habens in ore suo redargutiones.

Quoniam in te Domine speravi ; tu exaudies me

I am justly afflicted, O Lord ; do Thou grant me a humble heart, and let me cry out my contrition to Thee.

Lord, all my desire is before Thee, for Thou knowest I want to be free from sin ; my sorrow has appealed to Thee to hear me.

My heart is in trouble, for it fails in its love for Thee, my good God ; my strength which might have kept me in Thy love is become weakness, because I neglected Thy graces, and the light which might have been given to me is obscured by past sins.

It has appeared to me that my friends and neighbours hindered and opposed me,

Those from whom I might have expected consolation, even Thy angels and saints, have seemed so far away ; and my enemies, the evil spirits, grew violent against me.

They have whispered evil thoughts and all manner of lies to me.

My only defence was to be as if I were deaf, and to hold my tongue as if I were dumb.

I had to be as if I heard not, and knew not how to make any answer.

My only consolation is my hope in Thy mercy, O Lord my God, and the

firm belief that Thou wilt hear my prayer.

I long to do this service for Thee, that the evil one may have no reason to rejoice in my conduct.

I have suffered much in mind and body, and my punishment has brought sorrow to my heart.

I will gladly declare my sin and keep it before my mind.

My enemies still glory over me. O my Lord, let them not rejoice in the end.

I shall have to bear abuse and misunderstanding if I try to live a good life.

Forsake me not, O Lord my God, and all will be well with me.

Listen to my prayer, O Lord, and send me help from Thine own heart, Thou God of my salvation.

Domine Deus meus.

Quia dixi: Nequando supergaudeant mihi inimici mei; et dum commoventur pedes mei, super me magna locuti sunt.

Quoniam ego in flagella paratus sum: et dolor meus in conspectu meo semper.

Quoniam iniquitatem meam annuntiabo: et cogitabo pro peccato meo.

Inimici autem mei vivunt, et confirmati sunt super me, et multiplicati sunt, qui oderunt me inique.

Qui retribuunt mala pro bonis, detrahebant mihi, quoniam sequebar bonitatem.

Ne derelinquas me Domine Deus meus, ne disceseris a me.

Intende in adiutorium meum, Domine Deus salutis meæ.

Dixi, custodiam. Ps. 38.

O LORD my God, I turn to Thee. Let me see the necessity for restraint, especially in the use of my tongue.

DIXI: Custodiam vias meas, ut non delinquam in lingua mea.

Posui ori meo
custodiam, cum
consisteret peccator
adversum me.

Obmutui et humiliatus sum et
silui a bonis, et
dolor meus renovatus est.

Concaluit cor meum
intra me ; et in
meditatione mea
exardescet ignis.

Locutus sum in
lingua mea : Notum
fac mihi Domine
finem meum,

Et numerum dierum
meorum, quis est,
ut sciam, quid desit
mihi.

Ecce mensurabiles
posuisti dies meos ;
et substantia mea
tanquam nihilum ante
te.

Verumtamen universa
vanitas, omnis homo
vivens.

Verumtamen in imagine
pertransit homo : sed
et frustra conturbatur.

Thesaurizat, et ignorat,
cui congregabit ea.

Et nunc quæ est expectatio
mea, nonne Dominus ?

Make me to see the necessity of care
in speaking to those who wish to belittle
my vocation.

Hence, I take upon myself the discipline
of silence ; even with regard to good
and pious subjects I will prefer silence.
It will be more pleasing to Thee, my God,
to suffer in silence rather than to speak
in self-defence.

Though my heart is on fire to make
answer, I will find peace in silence.

I will speak with Thee, my Lord, of
the end of all my striving, *i.e.*, the complete
submission to Thee, and of the consequent
joy with Thee in heaven.

Keep before my mind the shortness
of this present life, and the best way to
use what remains of it in Thy service.

Such considerations reveal the shortness
of life, and the worthlessness before Thee
of all that I can gain in this world.

For not only are all things merely
vanity, but the intercourse with my
brethren appears of little use.

For I am as an actor on a stage, and
my disquiet leads to nothing.

It is better to see only Thee, my God,
who art my treasure, the self-same for
ever, and whose love means so much
to me.

This silence and consideration of Thee,
my God, teach me that my only good

is in Thee, and the only substance that is worth striving for is Thyself.

I am not fit to seek Thee and enjoy Thee till my sins are taken away. Deliver me from them, O Lord. I have suffered reproach even from the foolish because of my sins.

I recognise, Lord, that Thou hast brought these and other pains upon me because of my sins, and I wish to be silent and not to defend myself. Do Thou now remove from me my sufferings.

It is Thy hand which has punished me.

Now that I recognise that this punishment is from Thee, I will not be disturbed :

But I will cry to Thee to hear me and have regard to my tears of repentance.

O my Lord, speak to my heart and be not silent. Do not treat me as a stranger, for I am only a traveller here as all men are.

Refresh me before I come to Thee. Let me know that Thou hast accepted me and that Thou lovest me.

Expectans expectavi. Ps. 39.

O MY Lord, grant that I may patiently and constantly put my trust in Thee. Thou art good to listen to me.

et substantia mea apud te est.

Ab omnibus iniquitatibus meis erue me : opprobrium insipienti dedisti me.

Obmutui et non aperui os meum, quoniam tu fecisti : amove a me plagas tuas.

A fortitudine manus tuæ ego defeci in increpationibus : propter iniquitatem corripuisti hominem.

Et tabescere fecisti sicut araneam animam ejus : verumtamen vane conturbatur omnis homo.

Exaudiorationem meam Domine, et deprecationem meam : auribus percipe lacrymas meas.

Ne sileas, quoniam advena ego sum apud te et peregrinus, sicut omnes patres mei.

Remitte mihi, ut refrigerer, priusquam abeam, et amplius non ero.

EXPECTANS expectavi Dominum, et intendit mihi.

Et exaudivit preces meas, et eduxit me de lacu miseriæ, et de luto fecis.

Et statuit super petram pedes meos, et direxit gressus meos.

Et immisit in os meum canticum novum, carmen Deo nostro.

Videbunt multi et timebunt, et sperabunt in Domino.

Beatus vir, cujus est nomen Domini spes ejus ; et non respexit in vanitates et insanias falsas.

Multa fecisti tu Domine Deus meus mirabilia tua ; et cogitationibus tuis non est qui similis sit tibi.

Annuntiavi et locutus sum : multiplicati sunt super numerum.

Sacrificium et oblationem noluisti ; aures autem perfecisti mihi.

Holocaustum, et pro peccato non postulasti, tunc dixi : Ecce venio.

In past difficulties Thou hast heard my prayer, and hast mercifully brought me out of sin and shame by allowing me time to repent.

Thou hast made my feet safer by bringing me into religion, and guiding my steps by the holy Rule.

Thou hast allowed me to sing to Thee in the choir, and to join the angels who hymn Thy praises for ever.

May other hearts be attracted to the same life, serving Thee with reverence, and putting their trust in Thee.

Thou, O Lord, blessest all who hope in Thee, and who turn their eyes from the vanities of the world, and the deceitful follies which engage so many worldlings.

In all time Thou hast been wonderful in the use Thou hast made of weak men such as I am. The designs Thou hast for souls are beyond all that we could conceive.

Thou hast allowed me though worthless to manifest Thy goodness to others, and there are many like to me who could do nothing if it were not for Thy favour.

Thou art not pleased with sacrifice unless our ears are perfected so that they may hear Thy will and be completely submissive.

The sacrifices of the Old Law were not pleasing to Thee, and therefore Thou Thyself didst come to us to show us the way of obedience.

Thou hast in prophecy promised the example of a perfect life, and now Thou has shown us in what that perfection consists, *i.e.*, in the most complete submission to the will of the Father. By Thy grace I have accepted this Thy example, and undertaken the life of obedience. My God, keep Thy law in my heart.

Make me earnest to show forth Thy justice among my brethren, *i.e.*, to take a high view of the life to which Thou hast called me. Thou knowest, Lord, my good will. It is Thy gift.

Let me not be silent when there is need to speak in Thine honour, which is likely to be forgotten by the following of worldly or material ways.

Nor let me hide the mercy Thou hast shown to me when I am praised for my life, for all the good I have is owing to Thy mercy.

Take not from me, O my Lord, Thy kind mercies, without which I should have fallen away from Thee even more often than I have done.

For there are many enemies of my soul. My sins of the past have left blindness in mine eyes, so that I cannot at times see Thy holy will clearly.

My difficulties are so numerous that at times my heart almost fails me.

In capite libri scriptum est de me, ut facerem voluntatem tuam : Deus meus volui, et legem tuam in medio cordis mei.

Annuntiavi justitiam tuam in ecclesia magna ; ecce labia mea non prohibebo : Domine tu scisti.

Justitiam tuam non abscondi in corde meo : veritatem tuam et salutare tuum dixi.

Non abscondi misericordiam tuam et veritatem tuam a concilio multo.

Tu autem Domine ne longe facias miserationes tuas a me : misericordia tua et veritas tua semper susceperunt me.

Quoniam circumdederunt me mala, quorum non est numerus : comprehenderunt me iniquitates meæ, et non potui, ut viderem.

Multiplicatæ sunt super capillos capitis mei : et cor meum dereliquit me.

Complaceat tibi
Domine, ut eruas
me : Domine ad
adjuvandum me
respice.

Confundantur et
revereantur simul,
qui quærunt ani-
mam meam ut au-
ferant eam.

Convertantur re-
trorsum et revere-
antur, qui volunt
mihi mala.

Ferant confestim
confusionem su-
am, qui dicunt
mihi : Euge, euge.

Exultent et læ-
tentur super te
omnes quærentes
te, et dicant sem-
per : Magnificetur
Dominus, qui dili-
gunt salutare
tuum.

Ego autem men-
dicus sum et pau-
per : Dominus soli-
citus est mei.

Adjutor meus et
protector meus tu
es, Deus meus ne
tardaveris.

Come Thou to mine aid, O Lord ;
look upon me and help me.

In Thy kindness take from the evil
spirits their power to hurt me.

Drive them back to their prison, for
they will not cease to plot against me.

They are ready to mock Thee, O
Lord, when they gain any advantage
over me.

May I rejoice in Thee, because I have
sought Thee, my only good. I will
praise Thee and give all thanks to
Thee.

It is enough for me if Thou allow me
to be poor and in want, that I may
know how careful Thou art for my
good.

Thou, O Lord my God, art my only
helper and sure protector. Do not
leave me lest I fall.

Beatus qui intelligit. Ps. 40.

BEATUS, qui in-
telligit super ege-
num, et pauperem :
in die mala libera-
bit eum Dominus.

Dominus conser-
vet eum, et vivifi-
cet eum, et beatum
faciat eum in terra,

GIVE me, O Lord, a heart that can
pity the poor and all who are in
distress, for I know that Thou wilt pity
me when I am in need.

Take care of me, my loving Lord, and
let me have a vigorous religious life.

In Thy kindness bless me and guard me
from all danger.

Comfort me in sorrow, Lord, and turn
my sorrow to joy in Thee.

I cry to Thee, Lord, for mercy. Heal
my soul wounded by my sins.

The evil spirits who strive to make
me sin against Thee, have done their
utmost to bring my soul to death.

They have whispered evil within my
heart, and have kept before me all the
sins of my youth.

They have brought temptation upon
me from without.

They have pestered me with evil
thoughts ; they have left me no peace.

They have tried to make me despair,
because I have sinned against Thee.

And even my friends have dealt
hardly with me, and by their severe
judgment made me still more down-
hearted.

et non tradat eum
in animam inimi-
corum ejus.

Dominus opem
ferat illi super lec-
tum doloris ejus :
universum stratum
ejus versasti in in-
firmitate ejus.

Ego dixi : Domi-
ne miserere mei ;
sana animam me-
am, quia peccavi
tibi.

Inimici mei dixe-
runt mala mihi :
Quando morietur,
et peribit nomen
ejus ?

Et si ingredieba-
tur, ut videret,
vana loquebatur :
cor ejus congrega-
vit iniquitatem
sibi.

Egrediebatur fo-
ras, et loquebatur
in idipsum.

Adversum me su-
surrabant omnes
inimici mei : ad-
versum me cogita-
bant mala mihi.

Verbum iniquum
constituerunt ad-
versum me : Num-
quid qui dormit,
non adjiciet, ut
resurgat ?

Etenim homo
pacis meæ, in quo
speravi, qui ede-
bat panes meos,
magnificavit super
me supplantatio-
nem.

Tu autem Domine miserere mei et resuscita me, et retribuas eis.

In hoc cognovi, quoniam voluisti me, quoniam non gaudebit inimicus meus super me.

Me autem propter innocentiam suscepisti, et confirmasti me in conspectu tuo in æternum.

Benedictus Dominus Deus Israel a sæculo et usque in sæculum. Fiat fiat.

QUEMADMODUM desiderat cervus ad fontes aquarum, ita desiderat anima mea ad te Deus.

Sitivit anima mea ad Deum fortem vivum, quando veniam et apparebo ante faciem Dei?

Fuerunt mihi lacrymæ meæ panes die ac nocte, dum dicitur mihi quotidie: Ubi est Deus tuus?

Hæc recordatus sum, et effudi in me animam me-

But I look to Thee, Lord, to support me by Thy mercy. Let me rise even to Thee on the wings of Thy mercy and forgiveness. Then I shall be able to put aside all my low spirits, and overcome my despair.

My consolation is the joy Thou hast given me in my confidence in Thy mercy.

I know that I may hope to be united to Thee, and to have a share in Thine innocence. Set me firmly in Thy presence, O my God, that I may never forget Thee.

Blessed by Thou, my Lord and my God, because of Thy mercy to me. Grant that I may love Thee with my whole heart for ever and ever. Amen.

QUEMADMODUM desiderat. Ps. 41.

O MY God, would that I longed for Thee as the hart longs for the springs of water, for Thou art the living water that alone can satisfy my thirsty soul!

Would that I did thirst for Thee, Thou strong living God! Would that my only thought was how I could come to Thee and stand before Thy face!

Give me tears to weep when I see the little faith in Thee there is in the world.

When I hear of this grievous infidelity, I am consoled by the thought that there are some few who still know Thee and

serve Thee in the choir, at the altar,
and in Thy house, the holy Church.

I remember the voice of joy and
praise in the choir, and the joy of the
great feasts of the Church.

Well may I say to my soul: Why art
thou sad and cast down? All is not
lost though men are so careless of their
own good.

I will hope in Thee, my God. My
soul will continue to praise Thee who
art the cause of all joy to me, Thou the
God of my heart.

If sadness return I will remember
Thee in this place of exile, and on the
little hill, *i.e.*, in my own monastery.

The thought of Thee and of the
torrents of Thy grace and mercy—the
deep on my side calls to the deep where
Thou dwellest, *i.e.*, the depth of my
lowliness and nothingness calls to Thee,
the depth of all goodness, to have mercy
on me.

I know Thou wishest me to be com-
pletely immersed beneath the saving
waters of Thy grace.

Thou, my Lord, never leavest me
without Thy grace in the daytime,
meeting my many faults with mercy;
in the night Thou always givest me
reason to thank Thee.

am; quoniam
transibo in locum
tabernaculi admi-
rabilis usque ad
domum Dei.

In voce exulta-
tionis et confes-
sionis sonus epu-
lantis.

Quare tristis es
anima mea? et
quare conturbas
me?

Spera in Deo,
quoniam adhuc
confitebor illi, sa-
lutare vultus mei,
et Deus meus.

Ad meipsum ani-
ma mea conturba-
ta est: propterea
memor ero tui de
terra Jordanis et
Hermoniim a
monte modico.

Abyssus abyssum
invocat in voce
cataractarum tua-
rum.

Omnia excelsa
tua et fluctus tui
super me transie-
runt.

In die mandavit
Dominus miseri-
cordiam suam, et
nocte canticum
ejus.

Apud me oratio
Deo vitæ meæ ;
dicam Deo : Sus-
ceptor meus es ;

Quare oblitus es
mei ? et quare con-
tristatus incedo,
dum affligit me
inimicus ?

Dum confringun-
tur ossa mea, ex-
probraverunt mi-
hi, qui tribulant
me inimici mei.

Dum dicunt mihi
per singulos dies :
Ubi est Deus tuus ?
quare tristis es ani-
ma mea, et quare
conturbas me ?

Spera in Deo,
quoniam adhuc
confitebor illi, sa-
lutare vultus mei,
et Deus meus.

JUDICA me Deus,
et discerne causam
meam de gente
non sancta, ab ho-
mine iniquo et do-
loso erue me.

Quia tu es Deus
fortitudo mea ;
quare me repu-
listi ? et quare
tristis incedo, dum
affligit me inimi-
cus ?

Emitte lucem tu-
am et veritatem
tuam ipsa me de-
duxerunt et ad-
duxerunt in mon-

Therefore, will I be constant in prayer
to Thee, the God of my life, the source
of all that is good in my life. I will
ever look to Thee as my only sure
support.

At times Thou dost seem to forget
me, and I have sorrow and anxiety
whilst the devil assaults me with temp-
tation.

Then all my resolutions seem to be
of no avail, and I seem about to yield
to the enemies who molest me.

They suggest to me that Thou hast
no care of me, but I will no longer be
cast down, and I will put away anxiety.

Thou, my God, art my hope. I will
praise Thee who art my Saviour, my
joy, my God !

JUDICA me, Deus. Ps. 42.

O MY God, be my advocate, and show
me how I can stand before Thee,
apart from all who do iniquity, who
have no regard for sanctity and who are
deceitful. Deliver me from those who
fail to give Thee Thy due.

Thou alone, my God, art the strength
on which I can rely. Cast me not away
from Thee. O save me from bitterness
whilst I suffer temptation.

Send forth Thy light that I may see,
and show me Thy truth that I may
know Thy will. It is by Thy power
and favour that I have been able to

come to Thy holy hill, into religion, and to Thy tabernacle where Thou dost dwell amongst men.

My God, grant that I may not hesitate, but go boldly in, trusting in Thee who givest me all the joy of life.

I will praise Thee in the choir, and I will say to my soul: Why dost thou give way to sadness and anxiety?

I have Thee, my own good God, to trust in. I can still praise Thee who art so bountifully the Saviour of my joy.

Deus, auribus nostris. Ps. 43.

THE story of Thy mercy and kindness to souls is constantly related to us, O God.

The work Thou hast done for them has been always for their good.

Thou didst drive out the enemies of Thy people: Thou didst give to Thy people a rich land. This temporal providence is a sign to me, O Lord, of Thy care for my spiritual good.

It has never been by human power alone that Thy people have gained any territory to dwell in, or preserved it from attack.

It has ever been by Thy power and under Thy gracious kindness, because Thou wast pleased with their obedience and reliance on Thee.

tem sanctum tuum, et in tabernacula tua.

Et introibo ad altare Dei, ad Deum, qui lætificat juventutem meam.

Confitebor tibi in cithara Deus, Deus meus: quare tristis es anima mea, et quare conturbas me?

Spera in Deo, quoniam adhuc confitebor illi salutare vultus mei, et Deus meus.

DEUS auribus nostris audivimus, patres nostri annuntiaverunt nobis,

Opus, quod operatus es in diebus eorum, et in diebus antiquis.

Manus tua gentes disperdidit, et plantasti eos: afflixisti populos et expulisti eos.

Nec enim in gladio suo possederunt terram, et brachium eorum non salvavit eos;

Sed dextera tua, et brachium tuum, et illuminatio vultus tui; quoniam complacuisti in eis.

Tu es ipse Rex
meus et Deus me-
us, qui mandas sa-
lutes Jacob.

In te inimicos
nostros ventilabi-
mus cornu, et in
nomine tuo sper-
nemus insurgentes
in nobis.

Non enim in arcu
meo sperabo, et
gladius meus non
salvabit me.

Salvast enim nos
de affligentibus
nos, et odientes
nos confudisti.

In Deo laudabi-
mur tota die, et in
nomine tuo con-
fitebimur in sæcu-
lum.

Nunc autem re-
pulisti et confu-
disti nos, et non
egredieris Deus in
virtutibus nostris.

Avertisti nos re-
trorsum post ini-
micos nostros, et
qui oderunt nos,
diripiebant sibi.

Dedisti nos tan-
quam oves esca-
rum, et in gentibus
dispersisti nos.

Vendidisti popu-
lum tuum sine
pretio, et non fuit
multitudo in com-
mutationibus eo-
rum.

Posuisti nos op-
probrium vicinis
nostris, subsanna-

I will not forget that Thou art my
King and my God, and that my safety
is from Thee.

All my power against the enemies of
my soul is from Thee. In Thy name
I shall be able to despise the most
powerful spirits who fight against me.

In dealing with temptation, I will not
put my trust in any skill I may have
obtained by past experience. I will
trust in nothing that is mine.

In Thee alone can I trust when the
enemies of my soul assault me. Thou,
O Lord, wilt reduce them to shame.

All the days of my life my glory is
in Thee, my God. I beseech Thee to
allow me to praise Thee now and
always.

It seems to me at times as if Thou
hadst no care of me, and I am cast
down. Thou seemest to leave me to
myself.

And at once the enemy has power
over me, to drive me where he will,
and to take from me all that Thy grace
has enabled me to win.

I am in danger of perishing utterly,
and of being sent into exile away from
Thee.

There seemed to be nothing gained to
anyone by my loss, as if I could do
nothing for Thee.

It seemed to me that I was a reproach
to all those who knew me, and that my

fall would make others scoff at goodness.

Worldlings seemed to have a right to revile me, and to warn others from making an attempt to live a good life.

My shame was always before me, and I could not look up because of my confusion.

The voice of reproach was in mine ears, and the sight of my strong enemy cowed me.

Yet, in spite of all my depression, Thou hast allowed me to remember Thee, my God. Thou hast saved me from real evil against Thee.

Thou hast kept my heart from turning wholly to any love but Thine, and my steps from quite forsaking Thy law.

Thou hast allowed me to be humbled in this place of affliction, and to be surrounded with darkness as if I were in danger of death.

If I have forgotten Thee, my God, and failed to call upon Thy name; if I have looked for help from any other source than Thee,

Wilt Thou not make strict inquiry? Thou seest my heart more clearly than I can see it myself.

tionem et derisum his, qui sunt in circuitu nostro.

Posuisti nos in similitudinem gentibus, commotionem capitis in populis.

Tota die verecundia mea contra me est, et confusio faciei meae coepit me.

A voce exprobrantis et obloquentis, a facie inimici et persequentis.

Hæc omnia venerunt super nos, nec obliti sumus te, et inique non egimus in testamento tuo.

Et non recessit retro cor nostrum, et declinasti semitas nostras a via tua.

Quoniam humiliasti nos in loco afflictionis, et coepit nos umbra mortis.

Si obliti sumus nomen Dei nostri, et si expandimus manus nostras ad Deum alienum,

Nonne Deus requireret ista? ipse enim novit abscondita cordis.

Quoniam propter te mortificamur tota die, æstimati sumus sicut oves occisionis.

Exurge, quare obdormis Domine? exurge et ne repellas in finem.

Quare faciem tuam avertis; oblivisceris inopiæ nostræ et tribulationis nostræ?

Quoniam humiliata est in pulvere anima nostra, conglutinator est in terra venternoster.

Exurge Domine, adjuva nos, et redime nos propter nomen tuum.

It is for 'Thy sake I must endure this trial. It is 'Thy will that I suffer even the anguish of death.

I implore Thee, Lord, arise. Be no longer to me as if Thou sleepest, and hast no care of me. In 'Thy mercy leave me not to despair.

Turn not away 'Thy face from me, O Lord. Thou knowest my utter need of Thee.

I can do nothing of myself, for I am as one lying prone in fear and weakness.

Come to my aid, O Lord, for Thou alone canst redeem my soul. Come for 'Thine own Name's sake, sweet Jesus, and help me.

ERUCTAVIT cor meum. Ps. 44.

ERUCTAVIT cor meum verbum bonum : dico ego opera mea regi.

Lingua mea calamus scribæ, velociter scribentis.

Speciosus forma præ filiis hominum; diffusa est gratia in labiis tuis; propterea benedixit te Deus in æternum.

HOW can I say a good word while I am telling my own deeds to Thee, my King? If 'Thou, O my Lord, wilt consent to act with me, I may have much that is good to tell Thee.

Then shall my lips be like the pen of a wise writer who writeth swiftly, for I shall be able to tell Thee of rapid progress in all virtues.

'Thy beauty of soul shall occupy my thoughts, my own good Lord; and the grace 'Thou pourest forth, by 'Thy words so full of comfort, shall bring 'Thy Father's blessing upon me.

The force of Thy word in my heart shall be as the strength of an excellent sword in the hands of a mighty warrior.

Come into my heart in all Thy beauty ; make great progress with my poor soul till it is all Thine.

Bring unto me, O Lord, Thy truth, Thy meekness, and Thy perfection. Take up Thy reign in my heart. Let Thy right hand lead me just where Thou wilt.

May Thy words sink deep into my heart, however severe the change they will make in me. Overcome all that opposes Thy sweet reign within me.

Take up Thy throne in me for ever and ever, and let me walk upright by Thy power.

The perfection to which Thou hast called me, and for which Thou hast loved me, shall be my aim, and the sin Thou hast hated in me shall be my constant regret. Give me of Thine own calm gladness, my God, which in Thy goodness may let me help others.

Let me be as a perfumed garment to Thee, for Thou art clothed with justice and all virtue, that from me also may be spread abroad the sweet odour of Thy life. May my heart be to Thee one of the ivory houses in which Thou mayest delight, and may Thy saints have joy in me for Thy sake.

Place me on Thy right hand with Thy chosen ones, and clothe me with precious graces. Make me able by

Accingere gladio tuo super femur tuum, Potentissime.

Specie tua et pulchritudine tua intendere, prospere procede et regna.

Propter veritatem et mansuetudinem et justitiam, et deducet te mirabiliter dextera tua.

Sagittæ tuæ acutæ, populi sub te cadent, in corda inimicorum regis.

Sedes tua Deus in sæculum sæculi: virga directionis, virga regni tui.

Dilexisti justitiam et odisti iniquitatem, propterea unxit te Deus, Deus tuus, oleo lætitiæ præ consortibus tuis.

Myrrha et gutta et casia a vestimentis tuis, a domibus eburneis, ex quibus delectaverunt te filiæ regum in honore tuo.

Astitit regina a dextris tuis in ves-

titu deaurato, circumdata varietate.

Audi filia et vide, et inclina aurem tuam; et obliviscere populum tuum et domum patris tui.

Et concupiscet Rex decorem tuum; quoniam ipse est Dominus Deus tuus, et adorabunt eum.

Et filiæ Tyri in muneribus vultum tuum deprecabuntur omnes divites plebis.

Omnis gloria ejus filiæ Regis ab intus, in fimbriis aureis circumamicta varietatibus.

Adducentur Regi virgines post eam; proximæ ejus afferentur tibi.

Afferentur in letitia et exultatione: adducentur in templum Regis.

Pro patribus tuis nati sunt tibi filii: constitues eos principes super omnem terram.

Memores erunt nominis tui in omni generatione et generationem.

Propterea populi confitebuntur tibi

these graces to adapt myself to all Thou mayest ask of me.

Help me to listen to Thee attentively that I may know plainly what is Thy holy will. Thou, dear Lord, hast called me to leave my father's house and mine own people that I may belong wholly to Thee.

What dost Thou desire in me, O Lord? Is it not Thine own beauty? Adorn me with Thyself. Thou art the Lord God whom all adore.

The saints whom Thou hast blessed with the riches of all virtue entreat Thee to be kind to me.

Let my glory be the inner glory of a clean and perfect heart. If it be Thy will give to me the golden fringes of spiritual riches that I may help other souls on their way to Thee, our King.

I will take nothing to myself of what Thou allowest me to do; I will return all to Thee, O Lord.

With gladness and rejoicing may I be able by Thy grace to bring others into Thy Temple;

And instead of what I have left in the world, enable me to bring those who will follow Thee in holiness.

Grant that all who are drawn to Thee may ever live in Thy presence and bless Thy holy Name.

May they with me be ever mindful of Thee, O Lord, in this life, that we

may praise Thee for all eternity in Heaven. in æternum, et in sæculum sæculi.

Deus noster refugium. Ps. 45.

O MY God, Thou art my refuge and my strength. Many things in which I have taken refuge have been to me a source of weakness, but on Thee I can always rely, and in all my troubles I can fly to Thee. **DEUS** noster, refugium et virtus: adjutor in tribulationibus, quæ invenerunt nos nimis:

Therefore, I will not fear though all the strength in which I have hitherto rested shall be removed.

Propterea non timebimus, dum turbabitur terra, et transferentur montes in cor maris.

Though the waters, *i.e.*, the forces which seek to ruin my soul, shall make a great noise, and the very mountains be shaken, I will not fear.

Sonuerunt et turbatæ sunt aquæ eorum: conturbati sunt montes in fortitudine ejus.

For Thou, the Most High, wilt leave to me the streams of the river of Thy grace which will make my soul glad. Thou, dear Lord, hast deigned to live in our midst, and hast allowed me to make mine own soul Thy tabernacle.

Fluminis impetus lætificat civitatem Dei: sanctificavit tabernaculum suum Altissimus.

Whilst Thou, my God, art with me, and I am united to Thee in love, I shall not be moved. Thou wilt help me at break of day.

Deus in medio ejus, non commovebitur: adjuvabit eam Deus mane diluculo.

They who serve Thee not shall be disturbed and shall make attempts to deprive me of my peace, but Thy voice in my heart will keep me constant, and take from me the danger as it arises.

Conturbatæ sunt gentes, et inclinata sunt regna: dedit vocem suam, mota est terra.

For Thou, the Lord of hosts, art with me, and art ever ready to help me in the Most Blessed Sacrament.

Dominus virtutum nobiscum: susceptor noster Deus Jacob.

Venite et videte
opera Domini ;
quæ posuit prodi-
gia super terram :
auferens bella us-
que ad finem terræ.

Arcum conteret
et confringet arma,
et scuta comburet
igni.

Vacate et videte,
quoniam ego sum
Deus : exaltabor
in gentibus et ex-
altabor in terra.

Dominus virtu-
tum nobiscum :
susceptor noster
Deus Jacob,

Let those who doubt our security remember all Thou hast done for Thy faithful people in past time. At Thy first coming didst Thou not, O Lord, make the whole earth to be at peace ?

Thou, O Almighty God, canst take away and destroy everything which might be used against me.

Therefore, will I be still and see that Thou art my God, ever ready to help me. I will exalt Thee and praise Thee, my good God, before all men.

Thou dwellest with me to protect me. Thou art my helper, and in Thee will I trust, my own good God.

Omnes gentes, plaudite. Ps. 46.

OMNES gentes,
plaudite manibus ;
jubilate Deo in
voce exultationis.

Quoniam Do-
minus excelsus,
terribilis : Rex
magnus super om-
nem terram.

Subjecit populos
nobis, et gentes
sub pedibus nos-
tris.

Elegit nobis hæ-
reditatem suam ;
speciem Jacob,
quam dilexit.

Ascendit Deus in
jubilo, et Dominus
in voce tubæ.

Psallite Deo nos-
tro, psallite : psal-
lite Regi nostro,
psallite.

WHEN I stand before Thee in choir,
O my God, let all the earth rejoice
with me.

For Thou art the Most High Lord
and very much to be revered. Thou
art the King of the whole earth.

Thou has allowed me to overcome the
evil spirits, and to despise their power.

Thou hast chosen me for Thine in-
heritance, and Thou lovest the beauty
with which Thou art willing to adorn
my soul.

Thou, my Lord, hast ascended on
high that Thou mightest prepare a
place for me.

I will not weary of singing Thy
praises, O God my King.

Thou canst compel all the earth to praise Thee, but Thou lovest the praise of a willing servant who sings to Thee from an understanding heart.

O Thou who canst rule over all nations, come and rule over me, and make Thy throne in my heart.

Make my heart humble as 'Thine, that I be not proud in Thy presence as are the princes of the earth.

Magnus Dominus. Ps. 47.

THOU art great, O Lord, and most worthy of all the praise I can give to Thee in the Church and on the holy hill of religious life.

Thy Church was founded in the joy of all the angels, and for the joy of Thy faithful people. It is capable of bringing joy to all who will come to see Thy glory in it. The great glory of Thy Church is in the religious Orders on the north side, *i.e.*, in the cold and severe air of mortification and self-restraint.

Thou, my God, art capable of being known more thoroughly in these Thy houses, for Thou dost especially take under Thy protection all who become members of these homes of Thy love.

The powers of earth have gathered together to attack Thy Church and Thy religious Orders.

But when they have seen how wonderfully Thou hast provided for Thy Church

Quoniam Rex omnis terræ Deus; psallite sapienter.

Regnabit Deus super gentes: Deus sedet super sedem sanctam suam.

Principes populorum congregati sunt cum Deo Abraham; quoniam dii fortes terræ vehementer elevati sunt.

MAGNUS Dominus et laudabilis nimis: in civitate Dei nostri, in monte sancto ejus.

Fundatur exultatione universæ terræ mons Sion: latera Aquilonis, civitas Regis magni.

Deus in domibus ejus cognoscetur, cum suscipiet eam.

Quoniam ecce reges terræ congregati sunt: convenerunt in unum.

Ipsi videntes sic admirati sunt; conturbati sunt,

commoti sunt : tremor apprehendit eos.

Ibi dolores ut parturientis : in spiritu vehementi conteres naves Tharsis.

Sicut audivimus, sic vidimus in civitate Domini virtutum ; in civitate Dei nostri : Deus fundavit eam in æternum.

Suscepimus, Deus, misericordiam tuam in medio templi tui.

Secundum nomen tuum Deus, sic et laus tua in fines terræ : justitia plena est dextera tua.

Lætetur mons Sion, et exultent filiæ Judæ, propter judicia tua Domine.

Circumdate Sion et complectimini eam : narrate in turribus ejus.

Ponite corda vestra in virtute ejus : et distribuite domos ejus, ut enarretis in progenie altera.

they have often hesitated to attack it, for they have feared Thine anger.

Fear has come upon them suddenly and intensely as the pains of a woman in labour, or as a sudden storm may strike a ship on the sea.

This has been the history of the Church and also of the religious Orders. The powers of evil have attacked them, but fear has come upon these Thine enemies, O God, for they have recognised sooner or later that they are attacking Thy city, O Lord of hosts ! Thy Church continues whilst the earthly powers fail and will fail.

Thou hast shown mercy to us, O God, by securing to us Thy Divine presence in the tabernacle.

Thus Thy Name is in honour over the whole earth, that from every place our praise may go up to Thee. May the perfection of the religious life be fully given and be spread abroad, and more perfectly practised by the power and protection of Thy kind right hand.

Therefore, I will rejoice in Thy Church ; and the smaller cities of Juda, the religious communities, will rejoice, seeing and esteeming Thy merciful judgments.

I will try to understand all the protection Thou hast provided for us.

The true strength of Thy House, O God, is Thy grace, and the houses the soul is invited to visit and consider are Thy homes in the religious Orders. I will appreciate them and speak to others of Thy great works.

For thus, O God, is Thy greatness and glory made manifest to my soul, and the appreciation is begun here which is to last for ever and ever in heaven.

Quoniam hic est Deus, Deus noster in æternum et in sæculum sæculi : ipse reget nos in sæcula.

Audite hæc, omnes gentes. Ps. 48.

THE psalmist asks all to listen to him.

AUDITE hæc, omnes gentes : auribus percipite omnes, qui habitatis orbem :

Base and noble, rich and poor, may well listen, for the matter of the psalm concerns all.

Quique terrigenæ et filii hominum, simul in unum dives et pauper.

The psalmist is confident of the wisdom of his lesson.

Os meum loquetur sapientiam ; et meditatio cordis mei prudentiam.

He sings after much meditation. This is the burden of his song :

Inclinabo in parabolam aurem meam : aperiam in psalterio propositionem meam.

I will not be sad in the time of adversity, even when I seem to be surrounded with difficulty so that I can take no step without danger of sin.

Cur timebo in die mala ? iniquitas calcanei mei circumdabit me.

They that encompass me vainly trust in themselves, and rely on their earthly riches.

Qui confidunt in virtute sua : et in multitudine divitiarum suarum gloriantur.

Death cometh, and no one can escape it. No riches of earth will buy a life from Thee, O God.

Frater non redimit, redimet homo : non dabit Deo placationem suam.

The price of a soul is not estimated in money, even if men might heap up riches to themselves till the end of time.

Et pretium redemptionis animæ suæ : et laborabit in æternum, et vivet adhuc in finem.

Non videbit interitum, cum viderit sapientes morientes : simul insipiens et stultus peribunt.

Et relinquent alienis divitias suas : et sepulchra eorum domus illorum in æternum.

Tabernacula eorum in progenie et progenie : vocaverunt nomina sua in terris suis.

Et homo, cum in honore esset, non intellexit ; comparatus est jumentis insipientibus : et similis factus est illis.

Hæc via illorum scandalum ipsis : et postea in ore suo complacebunt.

Sicut oves in inferno positi sunt : mors depascet eos.

Et dominabuntur eorum justi in matutino : et auxilium eorum veterascet in inferno a gloria eorum.

Verumtamen Deus redimet animam meam de manu inferi ; cum acceperit me.

Ne timueris, cum dives factus fuerit

Can anyone doubt that he shall die when all see both the wise and the fool suffering death ?

They will have to leave all their riches to others, and all that shall be theirs even in name will be their graves.

For a time they behaved as if they were to live for ever. They have put their names on lands which others will enjoy.

The foolish rich did not give a thought to the truth, and are as unthinking as the beasts.

Thus they lose what is lasting, and riches become a scandal to them, though during this life they may flatter themselves with vain words.

They who so foolishly trust in riches shall be most certainly punished in the next life when death has consumed them.

In the awakening into the next life the poor who have trusted in Thee, O God, shall be in honour, but the vain trust of the wicked shall vanish.

But if I place all my trust in Thee, my God, Thou wilt preserve me from such a fate and graciously receive me.

I will not be disturbed at the riches

of Thine enemies, nor at the honour the world shows to them.

For death will strip them of riches and honour.

They may be thought happy in this life, but it is a happiness which will not last ; and their praise of Thee is worthless since they praise Thee only in times of prosperity.

They shall join the crowd who despise Thee here, and are in eternal darkness hereafter.

I will think nothing, then, of the honour of the world or of its riches, for they make man no better than the beasts who know Thee not, my God, nor have any regard for Thee.

Deus deorum. Ps. 49.

THOU, Lord, the one true God, hast said by Thy prophets that all the inhabitants of the earth shall stand before Thee to be judged.

From the beginning of the world till the end of time this fact is before the minds of men. Thy glory shall be seen in Sion when Thou comest to judge.

Thou wilt come manifestly. Thou wilt no longer keep silence.

All the forces of nature will add their part to Thy Majesty, and will strike fear into all.

homo ; et cum multiplicata fuerit gloria domus ejus.

Quoniam, cum interierit, non sumet omnia ; neque descendet cum eo gloria ejus.

Quia anima ejus in vita ipsius benedicetur : confitebitur tibi, cum benefeceris ei.

Introibit usque in progenies patrum suorum : et usque in æternum non videbit lumen.

Homo, cum in honore esset, non intellexit, comparatus est jumentis insipientibus, et similis factus est illis.

DEUS deorum Dominus locutus est, et vocavit terram.

A solis ortu usque ad occasum, ex Sion species decoris ejus.

Deus manifeste veniet, Deus noster, et non silebit.

Ignis in conspectu ejus exardescet, et in circuitu ejus tempestas valida.

Advocabit cœlum
desursum ; et ter-
ram discernere po-
pulum suum.

Congregate illi
sanctos ejus, qui
ordinant testamen-
tum ejus super
sacrificia.

Et annuntiabunt
cœli justitiam
ejus ; quoniam
Deus judex est.

Audi populus
meus, et loquar :
Israel, et testifica-
bor tibi : Deus
Deus tuus ego sum.

Non in sacrificiis
tuis arguam te,
holocausta autem
tua in conspectu
meo sunt semper.

Non accipiam de
domo tua vitulos,
neque de gregibus
tuis hircos.

Quoniam meæ
sunt omnes feræ
silvarum, jumenta
in montibus et
boves.

Cognovi omnia
volatilia cœli, et
pulchritudo agri
mecum est.

Si esuriero, non
dicam tibi ; meus
est enim orbis terræ
et plenitudo ejus.

Numquid man-
ducabo carnes tua-
rorum ? aut san-
guinem hircorum
potabo ?

Thou shalt call the souls now in
heaven, joined again to their risen
bodies, and those who are not yet re-
leased from earth, to be present before
Thee.

All Thy saints will be there who have
suffered for Thee during this life.

And all the choirs of angels shall be
ready to make known and to execute
Thy judgment, O God.

O God my God, Thou criest to us all
to hear Thee, and to remember the
judgment to come.

Thou wilt not then reproach me for
the sufferings I have borne for Thee,
and the whole-hearted service I have
given Thee Thou wilt not forget.

There shall be no more sacrifices of
material things,

For Thou, O Lord, canst do as Thou
wishest with all these things.

All that I value on earth is Thine.

I can give Thee nothing that is not
already Thine.

Thou hast no need of anything that
I can offer Thee.

Thou willest that I give Thee the sacrifice of praise, O my God, and that I keep faithfully the promises I have made to Thee, whether in Baptism or in holy religion.

I will call to Thee in the day of trouble, and I will glorify Thee, for Thou wilt deliver me.

But with the sinner who has no regard for Thee, O God, Thou wilt be most severe, even when he is preaching Thy laws and reminding others of Thy promises.

Thou wilt expose the deceit whereby he tries to hide his utter disregard of Thy will under the pious words he gives forth.

Thou wilt then recall the disregard of Thee in the life of the sinner. He sees an injustice which he could prevent, but instead he tries to get some gain to himself, and he condones very grievous sin which he should reprobate.

He is very careless in his speech and deceitful in word.

He is fond of uncharitable talk, forgetting the brotherhood of all men. Then Thou shalt tell the sinner that whilst Thou didst see all these things Thou wast silent, leaving him to himself, because he had no recourse to Thee for help. Dear Lord, do not be silent when Thou seest me about to sin against Thee. Correct and punish me now and not at the last judgment.

Immola Deo sacrificium laudis, et redde Altissimo vota tua.

Et invoca me in die tribulationis : eruam te et honorificabis me.

Peccatori autem dixit Deus : Quare tu enarras justitias meas? et assumis testamentum meum per os tuum?

Tu vero odisti disciplinam, et projecisti sermones meos retrorsum.

Si videbas furem, currebas cum eo, et cum adulteris portionem tuam ponebas.

Os tuum abundavit malitia, et lingua tua concinabat dolos.

Sedens adversus fratrem tuum loquebaris, et adversus filium matris tuæ ponebas scandalum ; hæc fecisti et tacui.

Existimasti inique quod ero tui similis: arguam te et statuam contra faciem tuam.

Intelligite hæc, qui obliviscimini Deum; nequando rapiat, et non sit qui eripiat.

Sacrificium laudis honorificabit me: et illic iter, quo ostendam illi salutare Dei.

The sinner acts as if Thou wert, as he is, not displeased with evil; now he shall find his mistake, for Thou wilt set his sins plainly before his eyes.

Grant, O my God, that I may bear these things in mind, and not forget Thee lest Thou snatch me away and no one can deliver me.

Thou wilt have mercy if I give Thee the praise of a good and careful life. Thou wilt give me salvation, and I shall enjoy Thy kind presence for ever.

Miserere. Ps. 50.

MISERERE mei Deus, secundum magnam misericordiam tuam.

HAVE mercy on me a sinner, O my God. I have offended Thee so often even since I have been in religion. Thy goodness has been lavishly showered upon me. I call with confidence upon Thy mercy. I shall not be safe till Thou holdest me in the arms of Thy love in Heaven.

Et secundum multitudinem miserationum tuarum, dele iniquitatem meam.

I may always look back to my past life and beg of Thee to pardon my sins and frequent infidelities. Continue, O Lord, to blot out both my acknowledged and my forgotten sins. Let no sin of mine stand between me and Thee.

Amplius lava me ab iniquitate mea, et a peccato meo munda me.

Lord, I shall never be wholly clean in Thy sight; do not Thou cease cleansing me in holy penance, and in Holy Communion which I receive so frequently pour Thy Precious Blood upon my soul.

Quoniam iniquitatem meam ego cognosco, et pec-

I acknowledge, O Lord, that I am a sinner in Thy sight. Give me an abiding sorrow for my sins that I may be worthy of the joy which Thou ever givest to the truly repentant soul. Let

me not forget that I have been unfaithful to Thee in the past, and that I may be unfaithful again if Thou dost not uphold me.

How often have I sinned in Thy sight, O Lord, and sinned wilfully when Thy eye alone was upon me ! Preserve me from ever forgetting Thy presence and profaning Thy kindness again. If Thou wilt, O Lord, punish me now, and if it please Thee grant me grace to justify Thee in any hard treatment of me by confessing my sin to the whole world.

Still, dear Lord, remember my weakness that I am flesh and blood, and that the nature I received was corrupted. Let Thy mercy have compassion on me.

Yet Thy goodness to me, and the numerous graces Thou hast lavished upon me, ought to show me that I have no excuse in the weakness of my nature. For I have known Thee from my youth, and I have known Thee as the most sincere God. Thou hast shown me Thy goodness in ways which I now recognise ; and Thy wise treatment of me in the past prevents me from ever doubting Thy kindness.

Sprinkle me with Thy Blood in the Sacrament of Penance and I shall be cleansed ; wash me in Thy mercy that I may be whiter than snow. Thy infinite mercy has preserved me from dying in my sin.

Give me to know Thy pardon that I may be filled with joy, and my bones

catum meum contra me est semper.

Tibi soli peccavi, et malum coram te feci ; ut justificeris in sermonibus tuis, et vincas cum judicaris.

Ecce enim in iniquitatibus conceptus sum, et in peccatis concepit me mater mea.

Ecce enim veritatem dilexisti : incerta et occulta sapientiæ tuæ manifestasti mihi.

Asperges me hyssopo, et mundabor : lavabis me, et super nivem dealbabor.

Auditui meo dabis gaudium et lætitiā : et exulta-

bunt ossa humiliata.

Averte faciem tuam a peccatis meis, et omnes iniquitates meas dele.

Cor mundum crea in me Deus, et spiritum rectum innova in visceribus meis.

Ne projicias me a facie tua, et spiritum sanctum tuum ne auferas a me.

Redde mihi lætitiā salutaris tui, et spiritu principali confirma me.

Docebo iniquos vias tuas, et impii ad te convertentur.

Libera me de sanguinibus Deus, Deus salutis meæ ; et exultabit lingua mea justitiam tuam.

Domine labia mea aperies, et os meum annuntiabit laudem tuam.

which have deserved nothing but torment shall share in my joy.

Do not Thou, O Lord, look upon my sins any more ; in Thy kindness forget all the evil I have done against Thee.

There is yet time, O Lord, if Thou wilt but work Thy will in me. Help me that I put no obstacle in Thy way. Give me a new heart, O my God, clean and perfect, that with a pure and perfect heart I may serve Thee, and bring back Thy own spirit to my breast, and for the rest of my life may I live by Thy life.

Do not cast me away from Thy loving presence because of my infidelities to Thee, nor allow me to turn myself again to anything but Thee. Let Thy Holy Spirit ever dwell with me.

Give me the joy that comes from perfect trust in the salvation Thou hast purchased for me on the Cross, and restore to my soul the rule it has lost by sin.

Then in Thy mercy I may be able to tell others of Thy goodness, now that Thou hast allowed me to experience it in my own soul.

If by scandal I have caused harm to others do Thou take this sin from my soul, and let not the blood of any lost soul cry out against me, and I will never cease to thank Thee and praise Thy justice.

Lord, open my lips ; and now in the Holy Office let me sing Thy praise.

If there is anything Thou wishest me to sacrifice ask it, Lord, and give me the grace to comply with Thy will.

The sacrifice Thou askest is a spirit filled with sorrow for my sins. A contrite heart and a heart humbled to the dust Thou wilt surely not despise.

In Thy great mercy let not my sins prevent Thee from being good to those who are associated with me in Thy holy city, and in the building up of Thy holy house in the hearts of all.

Dear Lord, let me give Thee freely whatsoever sacrifice Thou so justly askest of me for the rest of my life. Nothing that I can give can ever repay Thee for Thy infinite goodness to me.

Quid gloriaris. Ps. 51.

THE soul addresses the sinner: Why dost thou continue to take pride in sin, thou that puttest all thy power in iniquity?

All the ingenuity of the sinner is thrown away. The keenness of his devices ends in a lie.

Thou lovest sin more than goodness, and evil words rather than those that are for righteousness.

Thy words take thee down the precipice into eternal ruin, for thy tongue is full of deceit.

There is but one end to all thy sins: God will destroy thee for ever. He will

Quoniam, si voluisses sacrificium, dedissem utique; holocaustis non delectaberis.

Sacrificium Deo spiritus contribulatus: cor contritum et humiliatum Deus non despicies.

Benigne fac Domine in bona voluntate tua Sion, ut ædificentur muri Jerusalem.

Tunc acceptabis sacrificium iustitiæ, oblationes, et holocausta; tunc imponent super altare tuum vitulos.

QUID gloriaris in malitia, qui potens es in iniquitate?

Tota die injustitiam cogitavit lingua tua: sicut novacula acuta fecisti dolum.

Dilexisti malitiam super benignitatem; iniquitatem magis, quam loqui æquitatem.

Dilexisti omnia verba præcipitiosis, lingua dolosa.

Propterea Deus destruet te in finem; evellet te,

et emigrabit te de
tabernaculo tuo;
et radicem tuam
de terra viventium.

bring thee suddenly to death and send thee into eternal exile. There shall be no trace of thee in the land of the living.

Videbunt justi et
timebunt; et super
eum ridebunt et
dicent: Ecce ho-
mo, qui non posuit
Deum adiutorem
suum:

The only use thou shalt be is as a warning to the just who shall reverence God, and be moved to laughter at thy destruction. He shall say: 'This is the man who would not have God for his helper.

Sed speravit in
multitudine divi-
tiarum suarum,
et prævaluit in
vanitate sua.

He trusted in money, and grew more and more vain in his sin.

Ego autem, sicut
oliva fructifera in
domo Dei: speravi
in misericordia
Dei in æternum,
et in sæculum
sæculi.

But the just shall be as a fruitful olive tree, a joy to God for ever in heaven. He relies on the mercy of God, and he shall be safe in that mercy for ever and ever.

Confitebor tibi in
sæculum, quia fe-
cisti; et expectabo
nomen tuum, quo-
noiam bonum est
in conspectu san-
ctorum tuorum.

Wherefore, I will praise Thee, O God, for ever. All that is mine is Thy gift, and I will hope in Thy name. It is good to praise Thee in the sight of the saints

*The 52nd Psalm is a simple repetition
of the 13th.*

Deus, in nomine tuo. Ps. 53.

DEUS in nomine
tuo salvum me fac,
et in virtute tua
judica me.

SAVE me, O my God, from my distress, for I call upon Thy holy Name. I submit myself to Thy judgment, for I know it is tempered by Thy love for me. Stand by me to defend me in the judgment, because I have relied on Thy strength.

Listen to my cry, O my God, and bend down Thine ear to the words I utter.

For those who have rejected Thee and are strangers to Thee attacked me, because I have loved Thee. They that have the strength of the angels have sought my soul to destroy it. They have tried to take me from Thee, O my God; they have hindered me from living in Thy presence.

But I trust in Thee, my God, and look to Thee only for assistance, for Thou art the protector of my soul.

Heap up punishments on these foul enemies of Thine, and let their lying words no longer disturb me.

Because of Thy goodness I will give Thee freely the small sacrifices Thou askest of me. I will join in Thy praise, O Lord, for Thine is the name which is dear to me, and a help in all my difficulties.

For through Thy goodness I have remained constant, and have been able in Thy strength to drive the tempters away from me.

Exaudi, Deus. Ps. 54.

O MY God, hear me when I cry to Thee, and turn not away from my petition. Graciously attend to me and hear me.

I am filled with anxiety in my prayer, and am in trouble, for the enemy will

Deus exaudi orationem meam auri-bus percipe verba oris mei.

Quoniam alieni insurrexerunt adversum me et fortes quæsierunt animam meam et non proposuerunt Deum ante conspectum suum.

Ecce enim Deus adjuvat me, et Dominus susceptor est animæ meæ.

Averte mala inimicis meis, et in veritate tua disperde illos.

Voluntarie sacrificabo tibi, et confitebor nomini tuo Domine, quoniam bonum est.

Quoniam ex omni tribulatione eripuisti me, et super inimicos meos despexit oculus meus.

EXAUDI Deus orationem meam; et ne despexeris deprecationem meam: intende mihi et exaudi me.

Contristatus sum in exercitatione mea; et contur-

batus sum a voce inimici, et a tribulatione peccatoris.

Quoniam declinaverunt in me iniquitates; et in ira molesti erant mihi.

Cor meum conturbatum est in me, et formido mortis cecidit super me.

Timor et tremor venerunt super me, et contexerunt me tenebræ.

Et dixi, Quis dabit mihi pennas sicut columbæ? et volabo et requiescam.

Ecce elongavi fugiens, et mansi in solitudine.

Expectabameum, qui salvum me fecit a pusillanimitate spiritus et tempestate.

Præcipita Domine, divide linguas eorum: quoniam vidi iniquitatem et contradictionem in civitate.

Die ac nocte circumdabit eam super muros ejus iniquitas; et labor in medio ejus et injustitia.

not leave me in peace. The sight of the sinner who will not serve Thee disturbs me.

For both the evil spirits and sinners on the earth keep the sight of sin before my eyes, and when I strive to think of Thee they angrily distract and disturb me.

My heart is filled with fear of sin, and the dread that I may die separated from Thee comes upon me.

I am overcome with fear, for all the future seems dark to me.

Then I cry out: Who will give me wings like a dove that I may fly and be at rest?

I long to fly away from all my trouble and anxiety, and bury myself in solitude.

There I could wait for Thee who art my Saviour, for there is no storm or anguish of spirit where Thou art, dear Lord.

Cast down those who molest me; let them be unable to come together against me. I beg Thy help, O Lord, for I have seen the result of sin and discord, even in Thine own city.

Day and night evil encompasses it, and makes its way even into the midst of the city. Even there may injustice be found.

Hateful sins are found there ; usury and deceit, and men sin openly against Thee.

If it were only mine enemy who reviled me I could have borne it ;

And if only he that hated me had raised his voice against me I might have hidden myself in silence from his fury ;

But now my trouble is from one who is of the same faith, and to whom I had looked as a guide ; one I knew intimately.

We have partaken together of the same Divine Food, and we went on our journey together to Thee, our God.

Treat with these mine enemies, O Lord ; bring these disturbers of my peace to the punishment they deserve.

For there is nothing but evil in their dwellings, and they live with iniquity.

But I have cried unto Thee, O my God, and Thou wilt save me.

In the evening when I go to rest, in the morning when I awake, and in the midst of the work of the day I will cry to Thee for help and Thou wilt hear me.

Thou, dear Lord, wilt bring peace to my soul in spite of all who fight against me, for there are many who try to disturb me.

Et non defecit de plateis ejus usura et dolus.

Quoniam, si inimicus meus maledixisset mihi, sustinuissem utique ;

Et si is, qui oderat me, super me magna locutus fuisset, abscondissem me forsitan ab eo ;

Tu vero homo unanimis, dux meus et notus meus,

Qui simul mecum dulces capiebas cibos, in domo Dei ambulavimus cum consensu.

Veniat mors super illos, et descendant in infernum viventes.

Quoniam nequitiae in habitaculis eorum, in medio eorum.

Ego autem ad Deum clamavi, et Dominus salvabit me.

Vespere et mane et meridie narrabo et annuntiabo, et exaudiet vocem meam.

Redimet in pace animam meam ab his, qui appropinquant mihi ; quoniam inter multos erant mecum.

Exaudiet Deus
et humiliabit illos,
quiescit ante sæcula.

Non enim est illis
commutatio, et
non timuerunt
Deum : extendit
manum suam in
retribuendo.

Contaminaverunt
testamentum ejus ;
divisi sunt ab ira
vultus ejus : et
appropinquavit
cor illius.

Molliti sunt ser-
mones ejus super
oleum, et ipsi sunt
jacula.

Jacta super Do-
minum curam tu-
am, et ipse te
enutriet : non da-
bit in æternum
fluctuationem
justo.

Tu vero Deus de-
duces eos in put-
eum interitus.

Viri sanguinum
et dolosi non di-
mediabunt dies
suos ; ego autem
sperabo in te Do-
mine.

Thou, the Eternal God, wilt humble
them.

They make no attempt to improve
their lives ; they have no fear of Thee,
O God. Thou wilt stretch forth Thy
hand to repay their neglect.

They have had no regard to Thy
promises to the faithful, therefore Thine
anger shall drive them from before Thy
face. Still they approach me to corrupt
my heart.

Their words seems to be soothing as
oil, but they wound the heart like
arrows.

But I will put all my trust in Thee,
my Lord, and Thou wilt support and
nourish my soul. As long as I am
faithful Thou wilt not give me over to
the waters of trouble for ever.

I can safely leave the enemies of my
soul to Thee, my God.

Men of blood, *i.e.*, they who seek to
take Thy love from me, and those who
try to deceive me, Thou, O Lord, wilt
not leave long to annoy me. It is
sufficient for me that I put all my trust
in Thee.

Miserere mei, Deus. Ps. 55.

MISERERE mei
Deus, quoniam
conculcavit me
homo : tota die
impugnans tribu-
lavit me.

HAVE pity on me, O Lord, for my
human nature hath crushed me to
the earth. It leaves me no peace all
the day long.

The desires and incitements of my nature crush me down. There are so many corrupt tendencies that war against my soul.

In the middle of the day I am in fear. There are so many causes of distraction, but I will hope in Thee and thus lessen and drive away my fear.

Through Thy grace, my God, I can make my words praise Thee. I will put my trust in Thee, and will not fear, however my flesh may tease and try to hinder me.

The flesh grows weary of the words with which I praise Thee; it is ever a hindrance, enticing me to evil.

I cannot escape from this war against my soul as long as I am on the earth, for my flesh dwelleth with me. My body may be quiet at times, but I know it is ready to catch me in my steps to Thee.

As my corrupt body thus lies in wait to catch my soul, be not kind to it, Lord, but give me means to overcome it. As it has led me to sin do Thou break its power against me.

O my God, I have told Thee the difficulty of my life. Thou hast accepted the tears I have shed for my sins in Thy sight.

As Thou hast promised to hear my prayer, so now let this daily enemy be overcome and put to flight.

Conculcaverunt me inimici mei tota die : quoniam multi bellantes adversum me.

Ab altitudine diei timebo : ego vero in te sperabo.

In Deo laudabo sermones meos, in Deo speravi : non timebo quid faciat mihi caro.

Tota die verba mea execrabantur : adversum me omnes cogitationes eorum in malum.

Inhabitabunt et abscondent : ipsi calcaneum meum observabunt.

Sicut sustinuerunt animam meam, pro nihilo salvos facies illos : in ira populos confringes.

Deus vitam meam annuntiavi tibi : posuisti lacrymas meas in conspectu tuo.

Sicut et in promissione tua, tunc convertentur inimici mei retrorsum.

In quacumque
die invocavero te,
ecce cognovi, quoniam
Deus meus
es.

In Deo laudabo
verbum; in Domino
laudabo sermonem:
in Deo speravi, non timebo
quid faciat mihi
homo.

In me sunt Deus
vota tua, quæ redam,
laudationes
tibi.

Quoniam eripuisti
animam meam de
morte; et pedes
meos de lapsu: ut
placeam coram
Deo in lumine
vivendum.

MISERERE mei
Deus, miserere
mei; quoniam in
te confidit anima
mea.

Et in umbra ala-
rum tuarum spe-
rabo, donec transeat
iniquitas.

Clamabo ad Deum
altissimum: Deum,
qui benefecit mihi.

Misit de cælo, et
liberavit me: dedit

In whatever day I call upon Thee, let
me ever remember that Thou art my
own good God.

In Thy kindness I will praise Thee
with Thine own words. I will praise
Thee for Thy kind words to me. I
have hoped in Thee; I will not fear
what the flesh can do against my soul.

Thou hast allowed me, O my God, to
make my vows to Thee. I would offer
myself to Thee as an oblation of praise,
and by Thy grace I will keep these
my vows.

Thou wilt deliver my soul from the
death of sin to which my flesh inclines
me, and Thou wilt not allow the allure-
ments of sense to ensnare me. Grant
that my service may be pleasing to
Thee, my God, and a joy to all the
saints who in Thee have true and full
life.

Miserere mei, Deus. Ps. 56.

HAVE mercy on me, my Lord God,
have mercy on me, for my soul
trusteth Thee completely.

I will run to Thee and shelter under
Thy wings till the danger has passed.

I will pray to Thee, the Most High
God, for Thou hast already done great
things for me.

Thou didst send Thy Son, my Re-
deemer, from heaven. Thou hast

enabled me to despise the enemies who would certainly have crushed all life out of me.

Thou hast in Thy love and mercy sent Thine Only Son to be my help. He is Thy truth, O God. Through the grace He has won for me and by the power of His Passion He has given me the means to deliver my soul from the greatest dangers. Still I must not give myself to sleep.

The young lions are the children of men who strive to bring me to perdition by all the means in their power, especially by words which wound charity.

Do Thou allow my trust in Thee to reach even to heaven, and my appreciation of Thy glory to grow above all that is on the earth.

Mine enemies are ever ready to ensnare me and to keep the thoughts of my soul upon the earth.

They dig a pit for me to fall into as if they were hunting my soul, that I may despair. Let them fall into their own pit.

Make my heart ready to turn to Thee at once in any danger, O my God; let me sing a psalm to Thy glory and mercy.

Arise, then, my soul. Take up the means of praise, of prayer and fidelity. Let me be ready for Thy work, O Lord.

I will give praise to Thee among mine own people. I will sing a psalm to Thee for the whole world.

in opprobrium
conculcantes me.

Misit Deus misericordiam suam et veritatem suam, et eripuit animam meam de medio catulorum leonum, dormivi conturbatus.

Filii hominum dentes eorum arma et sagittæ, et lingua eorum gladius acutus.

Exaltare super cœlos Deus, et in omnem terram gloria tua.

Laqueum paraverunt pedibus meis; et incurvaverunt animam meam.

Foderunt ante faciem meam foveam, et inciderunt in eam.

Paratum cor meum, Deus, paratum cor meum: cantabo et psallum dicam.

Exurge gloria mea, exurge psalterium et cithara: exurgam diluculo.

Confitebor tibi in populis Domine, et psallum dicam tibi in gentibus.

Quoniam magnificata est usque ad coelos misericordia tua, et usque ad nubes veritas tua.

Exaltare super coelos Deus, et super omnem terram gloria tua.

Thy mercy whereby Thou didst send Thy Son to redeem us, and the constancy of Thy truth to us are worthy of all the praise I can give Thee.

May Thy power, O God, be exalted above the heavens, and Thy glory over the whole earth.

Si vere utique. Ps. 57.

SI vere utique justitiam loquimini, recta judicate filii hominum.

Etenim in corde iniquitates operamini: in terra injustitias manus vestrae concinnant.

Alienati sunt peccatores a vulva, erraverunt ab utero, locuti sunt falsa.

Furor illis secundum similitudinem serpentis; sicut aspidis surdae et obturantibus aures suas.

Quae non exaudiet vocem incantantium; et venefici incantantis sapienter.

Deus conteret dentes eorum in ore ipsorum: molas leonum confringet Dominus.

WHEN souls honestly begin to seek perfection, then it becomes necessary to correct the judgments they so easily make concerning their neighbours.

The fact that we are sinful ourselves leads us to forge injustice, *i.e.*, to be hard and uncharitable in our judgment of others.

The wicked are opposed to the good from their first entrance into the world. They err in their rash judgments as soon as they begin to live a life of sin. They do not hesitate to tell lies and repeat them.

A madness like the poison of a serpent seems to be theirs, and like a serpent they hiss at all who come near them. Like deaf adders they will hear no explanation.

They will not listen to the voice of the ministers of God who strive to take away their uncharitable views, nor to the voice of our Lord who is ever inculcating the love of our neighbour.

Thou, O Lord, wilt break the teeth of these slanderers who seek to destroy love on the earth.

All their talk shall come to nothing and be as water running away and of no use. Thyne arrows which are Thy strong words will show up the falseness of their talk till no one believes it, and they are of no account.

Like wax which is melted they shall be of no avail. The fire of Thy wrath shall fall upon the uncharitable, because they have not looked to Thee, the Sun of goodness and kindness.

Sooner than the thorns are kindled from the softer wood in the fire, Thou wilt take them away in Thyne anger.

The just shall be glad when he sees Thy vengeance on these evil doers. He shall take warning from their destruction.

And all who pass shall be able to see that Thou givest lasting fruit on the earth to the just man, and in the end Thou, O God, makest right all the unjust judgment of men.

Eripe me. Ps. 58.

O MY God, deliver me from mine enemies the evil spirits, and defend me from those evil impulses which arise within me.

Deliver me from those who are confirmed in iniquity, from myself and all my passions which urge me to sin.

For they have tried to take my soul prisoner; these that are so powerful have rushed in upon me.

Ad nihilum devenient tanquam aqua decurrens : intendit arcum suum, donec infirmantur.

Sicut cera, quæ fluit, auferentur : supercecidit ignis, et non viderunt solem.

Priusquam intelligerent spinæ vestræ rhamnum, sicut viventes sic in ira absorbet eos.

Lætabitur justus, cum viderit vindictam : manus suas lavabit in sanguine peccatoris.

Et dicet homo : Si utique est fructus justo, utique est Deus judicans eos in terra.

ERIPÉ me de inimicis meis Deus meus, et ab insurgentibus in me libera me.

Eripe me de operantibus iniquitatem, et de viris sanguinum salva me.

Quia ecce ceperunt animam meam ; irruerunt in me fortes.

Neque iniquitas mea, neque peccatum meum Domine : sine iniquitate cucurri et direxi.

Exurge in occursum meum et vide, et tu Domine Deus virtutum, Deus Israel.

Intende ad visitandas omnes gentes : non miserearis omnibus, qui operantur iniquitatem.

Convertentur ad vesperam, et famem patientur ut canes, et circuibunt civitatem.

Ecce loquentur in ore suo, et gladius in labiis eorum : quoniam quis audivit ?

Et tu Domine deridebis eos ; ad nihilum deduces omnes gentes.

Fortitudinem meam ad te custodiam ; quia Deus susceptor meus es ; Deus meus, misericordia ejus præveniet me.

Deus ostendet mihi super inimicos meos, ne occidas eos : nequando obliviscantur populi mei.

By Thy grace, O Lord, I have not submitted to them, and I hope to remain steadfast in my obedience to Thee.

In Thy mercy rise up and come to meet me, O my God, and see that I long to be faithful. Thy power will be able to overcome all mine enemies.

Visit them in Thy wrath and crush these my enemies.

Let them come upon me in the evening, and let them have no satisfaction. Make them powerless to enter my soul and overcome my good resolutions.

They speak as if it were mere words, but these words wound my heart, for they cast a doubt on Thy fidelity to me.

But Thou, my Lord, showest me that I may despise their temptations. Thou art able to overcome all the forces of evil.

O God my God, give me grace to rely on Thee for my strength. Thou alone art my sure Protector. In Thy mercy Thou wilt come to mine aid before I fall.

Thou wilt allow me to rise above all these enemies of my soul. I do not ask Thee, Lord, to let them cease from tempting me lest I forget that my safety is in my reliance on Thee.

Yet I beg Thee to scatter them so that their combined attack may not overwhelm me. Make their attacks of no avail, O Lord my Protector !

Let me see the pride of the devils which is found in every insinuation they make to me.

Make plain to me the hatred they have for Thee, my good God, and the deceit they whisper to me. In Thine anger bring them down and make an end of them.

Then shall all know that Thou art our King.

If they return in the evening let them have no satisfaction in me. Let them not enter my soul to overcome my resolutions.

Let them go elsewhere for their food, and let them murmur because Thou wilt not let them harm me.

I will sing of Thy strength by which Thou gainest for me the victory, and I will praise Thy mercy in the morning.

For Thou art my support and my refuge in the day of my trouble.

Unto Thee, my Helper, will I sing, for Thou art my refuge, my God, my merciful Saviour.

Disperge illos in virtute tua, et depone eos protector meus Domine.

Delictum oris eorum, sermonem labiorum ipsorum : et comprehendantur in superbia sua.

Et de execratione et mendacio annuntiabuntur in consummatione : in ira consummationis, et non erunt.

Et scient, quia Deus dominabitur Jacob, et finium terræ.

Convertentur ad vespem, et famem patientur ut canes, et circuibunt civitatem.

Ipsi dispergentur ad manducandum : si vero non fuerint saturati, et murmurabunt.

Ego autem cantabo fortitudinem tuam, et exultabo mane misericordiam tuam.

Quia factus es susceptor meus, et refugium meum in die tribulationis meæ.

Adjutor meus tibi psallam : quia Deus susceptor meus es : Deus meus misericordia mea.

Deus, repulisti nos. Ps. 59

DEUS repulisti
nos, et destruxisti
nos : iratus es, et
misertus es nobis.

Commovisti terram,
et conturbasti eam : sana
contritiones ejus, quia
commota est.

Ostendisti populo
tuo dura ; potasti
nos vino compunctionis.

Dedisti metuentibus
te significationem,
ut fugiant a facie
arcus.

Ut liberentur dilecti
tui : salvum fac
dextera tua, et exaudi
me.

Deus locutus est
in sancto suo :
Lætabor et partabor
Sichinam, et convallem
tabernaculorum metabor.

Meus est Galaad,
et meus est Manasses,
et Ephraim fortitudo
capitis mei.

O LORD my God, Thou hast cast me away from Thee, and reduced me to nothing by the sadness into which Thou hast allowed me to fall. Thou hast been angry with me in the past, but Thou didst have mercy on me.

Thou hast allowed the earth to quake and totter ; do Thou close the fissures that I may stand on solid ground.

Thou hast shown me Thy will which I find hard to follow. Thou hast brought sorrow on my soul.

To those who fear Thee Thou hast shown a sign that they fly from the attack of the evil spirits. O my Lord, Thou hast let me see that my safety is in flight.

That I may remain Thy beloved, *i.e.*, remain and grow in grace, do Thou save me with Thy right hand and hear my prayer for safety.

Thou speakest to me, O God, in the holy place—the choir, the sanctuary, from the tabernacle, telling me that Thou wouldst have me rejoice that Thou wilt do according to Thy will with all that is mine ; and measure out the vale of tabernacles, *i.e.*, the ground on which Thine army is encamped, even mine own soul.

Thine is the whole land, and Thou canst use what Thou wilt for a defence.

Thou dost choose Thy ruler where Thou wilt, and dost bring hope to us from most unlikely circumstances.

Thou wilt go to the confines of Thine enemy and make him subject to Thy will.

If I desire great victory over my enemies, who shall help me ?

Wilt not Thou, my God, though I deserve only to be cast off ? Thou wilt go with me into battle.

Help me, Lord, for no man can be of any assistance to me.

In Thy strength I shall be able to act with might, and Thou wilt bring to nought them that afflict me.

Exaudi, Deus. Ps. 60.

GIVE ear to my cry, O Lord, and listen attentively to my prayer.

I am far from Thee, my God, but I will cry to Thee in my sadness. Thou hast taught me to fly to the only safe refuge, Thine own Son, Jesus. He is the Rock to whom I have recourse : He will lift me out of my troubles.

Lead me where Thou wilt, for I put my whole trust in Thee. Thou art a tower of strength against all who seek to rob my soul of peace and joy.

Juda rex meus ;
Moab olla spei
meæ.

In Idumæam extendam calceamentum meum ;
mihi alienigenæ subditi sunt.

Quis deducet me in civitatem munitam ? quis deducet me usque in Idumæam ?

Nonne tu Deus, qui repulisti nos : et non egredieris Deus in virtutibus nostris ?

Da nobis auxilium de tribulatione, quia vana salus hominis.

In Deo faciemus virtutem, et ipse ad nihilum deducet tribulantes nos.

EXAUDI Deus deprecationem meam : intende orationi meæ.

A finibus terræ ad te clamavi : dum anxietur cor meum, in petra exaltasti me.

Deduxisti me, quia factus es spes mea : turris fortitudinis a facie inimici.

Inhabitabo in
tabernaculo tuo in
sæcula : protegar
in velamento ala-
rum tuarum.

Quoniam tu De-
us meus exaudisti
orationem meam :
dedisti hæredita-
tem timentibus no-
men tuum.

Dies super dies
regis adjicies ; an-
nos ejus usque in
diem generationis
et generationis.

Permanet in æter-
num in conspectu
Dei : misericor-
diam et veritatem
ejus quis requiret?

Sic psalmum di-
cam nomini tuo in
sæculum sæculi,
ut reddam vota
mea de die in
diem.

NONNE Deo sub-
jecta erit anima
mea? ab ipso enim
salutare meum.

Nam et ipse Deus
meus, et salutaris
meus ; susceptor
meus, non move-
bor amplius.

Quousque irruitis
in hominem? in-
terficitis universi
vos : tanquam pa-
rieti inclinato et
maceriæ depulsæ?

I will dwell with Thee, Lord, in the
chamber Thou hast chosen in my heart.
Thou wilt protect me under the covert
of Thy wings.

For Thou hast often heard me, and
hast been very good to me. O God,
Thou hast promised me Thine own
inheritance if I remain faithful unto
Thee.

Thou wilt in Thy mercy grant me
length of days sufficient to draw close to
Thee, that death itself shall not separate
me from Thee, my own good God.

Let my soul abide always in Thy
presence. I will rest on Thy mercy and
truth, *i.e.*, the faithfulness of Thy loving
care, for they are far beyond all that
I can imagine.

I will sing to Thee, O Lord, for ever.
I will renew my vows to Thee daily that
I also may be faithful.

Nonne Deo. Ps. 61.

SHALL not my soul be willingly sub-
ject to Thee, my God? for from
Thee is my salvation. Grant that I
may use the grace Thou givest me.

Thou art my God, my Saviour, my
Protector. As long as I trust in Thee
I shall not be moved.

How long will they who fight against
me use violence? If I stood alone they
might speedily destroy me as a wall that
is not upright, and a fence that is
broken.

They have tried to rob me of the value of my effort. They have forced me to fly from their fierce attack. They have offered me blessings and comfort, but were all the time cursing me.

In the time of trial may my soul be lovingly subject to Thee, my God, for Thou wilt grant me Thine own patience.

For Thou art my God, my Saviour, my helper. Whilst I hope in Thee I shall not be moved.

In Thee is my safety and my honour. Thou art the God of my help. My hope is in Thee.

May every soul trust in Thee and pour out their hearts before Thee, for Thou art our helper for ever.

The children of men are of no account ; they do not deal honestly. They unite together to deceive me.

Sin will be of no benefit to me, nor unjust possessions profit me. Even riches that have come to me justly have no claim on the trust of my heart.

Two things I have heard as Thy word, O my God : All power is from Thee and belongs to Thee, and mercy

Verumtamen pretium meum cogitaverunt repellere ; cucurri in siti : ore suo benedicebant, et corde suo maledicebant.

Verumtamen Deo subjecta esto anima mea, quoniam ab ipso patientia mea.

Quia ipse Deus meus et salvator meus ; adjutor meus, non emigrabo.

In Deo salutare meum et gloria mea : Deus auxilii mei, et spes mea in Deo est.

Sperate in eo omnis congregatio populi ; effundite coram illo corda vestra : Deus adjutor noster in æternum.

Verumtamen vani filii hominum ; mendaces filii hominum in stateris, ut decipiant ipsi de vanitate in idipsum.

Nolite sperare in iniquitate, et rapinas nolite concupiscere : divitiæ si affluent, nolite cor apponere.

Semel locutus est Deus, duo hæc audiui ; quia potestas Dei est, et tibi Domine misericor-

dia, quia tu reddes
unicuique juxta
opera sua.

is Thine, O Lord, for Thou wilt render
to every man according to his works.

Deus, Deus meus. Ps. 62.

DEUS, Deus meus,
ad te de luce
vigilo.

MY God, I will watch for Thee, be on
the alert for Thee in the early
morning.

Sitivit in te anima
mea : quam multi-
pliciter tibi caro
mea.

My soul, tired of vanity, has thirsted
for Thee, and my weary flesh has longed
for Thee in so many ways.

In terra deserta
et invia et inaquo-
sa : sic in sancto
apparui tibi, ut
viderem virtutem
tuam et gloriam
tuam.

For without Thee my life is a desert
in which I can see no way nor find any
cool waters. But here in choir with
Thee I wish to see Thy power, and learn
to walk in the light of Thy glory, *i.e.*,
in the light of everlasting life.

Quoniam melior
est misericordia
tua super vitas :
labia mea lauda-
bunt te.

Thy mercy to me is better than all
the joys of life ; therefore, now that I
have Thee I will praise Thee with my
lips.

Sic benedicam te
in vita mea : et in
nomine tuo levabo
manus meas.

Thou hast granted me the right to
praise Thee, and hast called me to a
life in which I can constantly praise
Thy name, and offer all the work of
my hands in Thy name.

Sicut adipe et
pinguedine replea-
tur anima mea : et
labiis exultationis
laudabit os meum.

Fill my soul with good things that
I may know how to praise Thee.

Si memor fui tui
super stratum me-
um, in matutinis
meditabor in te :
quia fuisti adjutor
meus.

If I remember Thee when I lie down
to sleep Thou wilt in Thy mercy give
me the grace to keep my mind fixed on
Thee when I wake. Help me yet more,
O Lord. If Thou hadst not been my
protector in the past to what depths
had I not sunk ? Help me yet more,
for I am very weak.

I will shelter under Thy wings, and be happy there in the grace Thou hast given me to be close to Thee. Let me cling to Thee, Lord, that I may learn how to follow Thee. Thy right hand has lifted me up. Take full possession of me, for only with Thee am I safe.

The evil spirits who try to distract me shall go to their own place. Thou, O Lord, hast overcome them by Thy holy cross. Thou hast rendered their power of no avail against me so long as I cling to Thee.

Thou hast made me to be king over all these enemies, and I will rejoice in Thee, my God. I will try to seek no joy but in Thee. I beg of Thee to let me persevere though evil tongues speak against me.

Exaudi, Deus, orationem. Ps. 63.

HEAR me, O my God, when I call to Thee for help. Guard my soul lest I stand in fear of the evil one, and have no courage to repel his attacks.

Thou hast protected me in the past from the conspiracy of the evil spirits and from those who work iniquity on the earth.

They have tried to catch my soul by saying bitter things against those who strive to lead a good life. They have tried to ruin the character of those whom I knew to be blameless.

They have acted deceitfully, making insinuations against the motives of the

Et in velamento
alarum tuarum ex-
ultabo ; adhæsit
anima mea post
te, me suscepit
dextera tua.

Ipsi vero in va-
num quæsierunt
animam meam ;
introibunt in in-
feriora terre : tra-
dentur in manus
gladii, partes
vulpium erunt.

Rex vero lætabi-
tur in Deo ; lauda-
buntur omnes, qui
jurant in eo : quia
obstructum est os
loquentium iniqua.

EXAUDI Deus
orationem meam,
cum deprecor : a
timore inimici
eripe animam
meam.

Protexisti me a
conventu malign-
antium ; a multi-
tudine operantium
iniquitatem.

Quia exaceruerunt
ut gladium linguas
suas ; intenderunt
arcum rem am-
aram ; ut sagittent
in occultis imma-
culatum.

Subito sagitta-
bunt eum, et non

timebunt : firma-
verunt sibi sermo-
nem nequam.

Narraverunt, ut
absconderent la-
queos : dixerunt,
Quis videbit eos ?

Scrutati sunt in-
iquitates : defece-
runt scrutantes
scrutinio.

Accedet homo ad
cor altum : et ex-
altabitur Deus.

Sagittæ parvulo-
rum factæ sunt
plagæ eorum : et
infirmatæ sunt
contra eos linguæ
eorum.

Conturbati sunt
omnes, qui vide-
bant eos : et
timuit omnis homo.

Et annuntiave-
runt opera Dei :
et facta ejus in-
tellexerunt.

Lætabitur justus
in Domino, et
sperabit in eo : et
laudabuntur om-
nes recti corde.

innocent, exaggerating small faults until they appeared grievous.

They have cast doubts on those who strive to serve Thee. They have hinted that Thou hadst no care of Thy faithful servants.

They have taken great pains to find evil in the lives of Thy saints, but by Thy grace they have failed.

They have gained only a proud, hard heart, but Thou, our God, art exalted in the end.

Thou dost use the weak ones of this world to confound the strong. Let not the reports of these Thine enemies do harm to those who serve Thee faithfully.

In the last day all shall be terrified at the sight of the punishment which will come upon these evil doers, and all men shall see that Thou alone art to be feared.

Then shall all declare Thy works, O my God, and in the light of Thy countenance they shall understand what Thou hast done in the souls of Thy saints.

The just shall rejoice in Thee and hope in Thee, O Lord. Grant that I may stand in that day with the upright of heart, and that I may receive with them Thy praise which alone is worth striving for.

Te decet hymnus. Ps. 64.

TE decet hymnus
Deus in Sion, et
tibi reddetur vo-
tum in Jerusalem.

I HAVE been chosen by Thee, my God, to render Thee that praise which all should give to Thee. By my vows I have devoted myself to Thy service.

Hear my prayer, O Lord, for Thou hast made me so that my whole being is drawn to Thee.

Of myself I am not worthy to praise Thee, for my words are those of a poor sinner; but I trust in Thy power, because Thou hast called me and hast pardoned my sins. Thou wilt not look upon my weakness, but upon the merits of Thy Son who joins in my prayer.

Blessed art Thou, my Lord, for Thou hast chosen me and taken me from my sinful life that I may dwell with Thee and do Thy work.

Thou hast filled me with many graces to enable me to do the work of Thy house. Thou hast chosen my heart for Thy temple. Make it fit for Thee in all holiness. The path of perfection is too difficult for me to walk therein alone. Do Thou help me in Thine own strength, O Lord.

Hear me, O God my Saviour. Thou who art my hope, help me to recall and fix my wandering thoughts on Thee.

Thine Almighty power has done great things in the past. Thou hast made the earth according to Thy will, raising up the hills to approach Thee, and compelling the sea to be still.

In like manner Thou hast overcome nations of unruly men by Thy manifest power. Thou delightest in the praise we give Thee morning and evening for all Thy goodness.

Exaudi oratione
meam : ad te om-
nis caro veniet.

Verba iniquorum
prævaluerunt
super nos : et im-
pietatibus nostris
tu propitiaberis.

Beatus, quem
elegisti et assump-
sisti ; inhabitabit
in atriis tuis.

Replebimur in
bonis domus tuæ :
sanctum est tem-
plum tuum, mir-
abile in æquitate.

Exaudi nos us
salutaris noster ;
spes omnium
finium terræ et in
mari longe.

Præparans mon-
tes in virtute tua,
accinctus potentia ;
qui conturbas pro-
fundum maris,
sonum fluctuum
ejus.

Turbabuntur
gentes, et time-
bunt, qui habitant
terminos a signis
tuis : exitus ma-
tutini, et vespere
delectabis.

Visitasti terram
et inebriasti eam :
multiplicasti locu-
pletare eam.

Flumen Dei re-
pletum est aquis ;
parasti cibum il-
lorum : quoniam
ita est præparatio
ejus.

Rivos ejus in-
ebria, multiplica
genimina ejus ; in
stillicidiis ejus læ-
tabitur germinans.

Benedices cor-
onæ anni benigni-
tatis tuæ : et
campi tui reple-
buntur ubertate.

Pinguescent
speciosa deserti :
et exultatione
colles accingentur.

Induti sunt arie-
tes ovium, et
valles abundabunt
frumento : clama-
bunt, etenim hym-
num dicent.

Thou has not left the world alone to its own forces, but in Thy great kindness Thou Thyself didst come to us, and didst make us to overflow with the riches of Thy grace.

The holy Sacraments, Thy rivers of grace, are ever full of living water, and the food Thou hast prepared for me is Thine own Precious Body and Blood.

Continue, O Lord, to be bountiful to me, and fill still more the rivers of Thy grace. In Thy goodness apply them still more plentifully to my soul. As in a gentle shower let Thy grace make fruitful the every day actions of my life.

Let each year be more full of Thy benefits, and widen my heart that it may be able to contain them.

Let the waste places in my life be rendered fruitful, and my heart be ever filled with joy. Let the quiet places of the earth be made beautiful in Thy sight by the cloisters established in Thine honour, and may the hills be girt about with Thy praises.

May all Thy gifts be returned to Thee by my praises and thanksgiving. How good Thou art to allow me to serve Thee and offer Thee thanks for the whole world !

Jubilate Deo. Ps. 65.

JUBILATE Deo
omnis terra ; psal-
mum dicite no-
mini ejus : date
gloriam laudi ejus.

I WILL sing joyfully to Thee, O God, with all the earth. I will praise Thee in psalmody. and glorify Thy holy Name.

How great are Thy works, O Lord !
They strike me with fear. Thy strength
is so great that Thine enemies cringe
before Thee.

Let the whole earth adore Thee and
sing psalms to Thy holy Name.

I will come and consider Thy works,
O God. Great fear and reverence are
due to Thee because of Thy govern-
ment of men.

Thou canst turn the sea into dry
land, as in the Red Sea, and Thou canst
hold up the rivers as Thou didst the
Jordan. When I hear of Thy power
it maketh my heart glad.

By Thy power Thou rulest for ever
and dost consider the nations of the
earth. Let not those who provoke Thee
hold up their heads in defiance of Thee.

May all nations bless Thee and make
Thy praise resound throughout the
earth.

Let them bless Thee, O Lord, for Thy
kindness to me, giving me a continued
life in which to serve Thee, and a stead-
fastness in Thy service.

Thou, my God, hast proved my desire
to serve Thee. Thou hast tried me by
fire as silver is tried and refined.

Dicite Deo, quam
terribilia sunt op-
era tua Domine !
in multitudine
virtutis tuæ men-
tientur tibi in-
imici tui.

Omnis terra ad-
oret te, et psallat
tibi : psalmum
dicat nomini tuo.

Venite et videte
opera Dei : terri-
bilis in consiliis
super filios homi-
num.

Qui convertit
mare in aridam ;
in flumine per-
transibunt pede :
ibi lætabimur in
ipso.

Qui dominatur in
virtute sua in æter-
num ; oculi ejus
super gentes respi-
ciunt : qui exas-
perant, non exal-
tentur in semetip-
sis.

Benedicite, gen-
tes, Deum nos-
trum, et auditam
facite vocem laudis
ejus.

Qui posuit ani-
mam meam ad
vitam : et non de-
dit in commotio-
nem pedes meos.

Quoniam probasti
nos Deus : igne
nos examinasti,
sicut examinatur
argentum.

Induxisti nos in
laqueum ; posuisti
tribulationes in
dorso nostro ; im-
posuisti homines
super capita nos-
tra.

Transivimus per
ignem et aquam :
et eduxisti nos in
refrigerium.

Introibo in do-
mum tuam in holo-
caustis : reddam
tibi vota mea, quæ
distinxerunt labia
mea.

Et locutum est os
meum in tribula-
tione mea.

Holocausta me-
dullata offeram
tibi cum incenso
arietum : offeram
tibi boves cum
hircis.

Venite, audite et
narrabo, omnes
qui timetis Deum,
quanta fecit ani-
mæ meæ.

Ad ipsum ore
meo clamavi, et
exaltavi sub lingua
mea.

Iniquitatem si
aspexi in corde
meo, non exaudiet
Dominus.

Propterea exau-
divit Deus, et at-
tendit voci depre-
cationis meæ.

Thou hast allowed the evil spirits to
lay snares for me. Thou hast laid on
me many burdens and put me under
the dominion of my fellow men.

I have been subjected to all kinds of
dangers, but Thou hast brought me into
peace and rest in the life Thou allowest
me to lead for Thee.

Therefore, to repay Thee for all Thy
kindness I will go into Thy house with
my offerings, my promises which I have
deliberately made to Thee.

I spoke to Thee when I was in trouble,
casting myself upon Thee.

Grant, dear Lord, that I may refuse
Thee nothing Thou askest me to offer
Thee.

I will invite all that fear Thee to come
and hear what great things Thou hast
done for my poor soul.

I prayed to Thee that Thou wouldst
help me, and I offered Thee my praise.

I would not wilfully allow evil thoughts
to remain in my mind or Thou wouldst
not have listened to my prayer.

Therefore, my good God, Thou didst
hear me and didst grant my prayer.

Blessed be Thou, my Lord and my God, who didst not turn away from my petition, nor stint Thy mercy to me.

Deus misereatur. Ps. 66.

HAVE mercy on me, O God, and bless me; shed the light of Thine own kind Face upon me, and have mercy on me.

In that light I shall see Thy way. Oh! would that I did quite clearly know Thy ways and how Thou wouldst have me to walk! I can know Thy ways by keeping before me Thy salvation, *i.e.*, the salvation Thou didst work for me in the life of Thy Son, and in the example of Thy saints, and in Thy work in my own community.

The prayer of my soul shall be that all nations may give glory and thanks to Thee, O God. Love of Thee implies the desire that Thou shouldst be loved by all. This shall be my zeal for Thee.

Joy of heart is Thy gift, O God. Thou most justly judgest all hearts, seeing the good that is in them, and guiding them according to Thy Divine will, though for the most part they neglect Thee. Thy hand is over the whole earth, and I must pray that Thy divine influence may be felt in all hearts.

Thus, at the very beginning of the day, I am reminded of the real end of the Divine Office—to confess Thy glory and goodness throughout the whole Church, but especially Thy goodness to me.

*Benedictus Deus ;
qui non amovit
orationem meam,
et misericordiam
suam a me*

*DEUS misereatur
nostri, et benedi-
cat nobis : illumi-
net vultum suum
super nos, et mi-
sereatur nostri.*

*Ut cognoscamus
in terra viam tu-
am ; in omnibus
gentibus salutare
tuum.*

*Confiteantur tibi
populi Deus : con-
fiteantur tibi po-
puli omnes.*

*Lætentur et exul-
tent gentes ; quo-
niam judicas po-
pulos in æquitate :
et gentes in terra
dirigis.*

*Confiteantur tibi
populi Deus : con-
fiteantur tibi po-
puli omnes : terra
dedit fructum
suum.*

Benedicat nos
Deus, Deus nos-
ter, benedicat nos
Deus : et metuant
eum omnes fines
terre.

O my God, bless me and be good to me, that the earthiness in me may be terrified and shrink out of sight, leaving only Thyself and my soul. Bless me, and may my soul praise Thee for the whole Church and for myself for ever. Graciously grant that the earth that I am may bear for Thee the fruit of virtue and sanctity, and thus glorify Thee for ever.

Exurgat Deus. Ps. 67.

EXURGAT Deus et
dissipentur inimici
ejus : et fugiant,
qui oderunt eum,
a facie ejus.

Sicut deficit fu-
mus, deficient :
sicut fluit cera a
facie ignis, sic
pereant peccatores
a facie Dei.

Et justi epulen-
tur et exultent in
conspectu Dei : et
delectentur in læ-
titia.

Cantate Deo,
psalmum dicite
nomini ejus ; iter
facite ei, qui as-
cendit super occa-
sum : Dominus
nomen illi.

Exultate in con-
spectu ejus : tur-
babitur a facie
ejus, patris orpha-
norum et judicis
viduarum.

ARISE, O God, in Thy might and put Thyne enemies to flight ; let them that hate Thee fly in fear from before Thy face.

As smoke is driven away by the wind till it is not seen, let them vanish ; as wax melts before the fire, so let Thyne enemies perish, O God.

Grant that those who love Thy justice may feast before Thee and delight in the contemplation of Thy greatness.

I will sing to Thee, my God ; I will sing a psalm to Thy name. I will make a way for Thee who comest in Thy glory from the west (*i.e.*, out of Egypt), for Thou art my Lord.

Let the just rejoice before Thee, but let the wicked be troubled at Thy presence. Thou art worthy of all praise, for Thou art the protector and the Father of orphans. Thou art the just judge of widows, and none that are in distress shall fear to come to Thee.

Thou art our God, and Thou dost dwell in our midst in Thy holy tabernacle. Thou hast deigned to allow me to live in Thy company.

Deus in loco sancto suo : Deus, qui inhabitare facit unius moris in domo.

In Thy might Thou didst release us who are Thy brethren, for in past time we were bound by Satan. But those that will not serve Thee and become Thy familiar friends, Thou makest as if they were in the grave.

Qui educit victos in fortitudine ; similiter eos, qui exasperant, qui habitant in sepulchris.

O God, when Thou didst manifestly lead Thy chosen people through the desert,

Deus cum egredereris in conspectu populi tui : cum pertransires in deserto :

Thou didst show Thy power over all nature. The earth quaked, and the heavens bowed down to the earth in rain and hail when Thou gavest the Law on Mount Sinai.

Terra mota est, etenim cœli distillaverunt a facie Dei Sinai, a facie Dei Israel.

Thou dost send a bountiful rain of grace upon those who are Thine inheritance. Thy people were weak but Thy grace has led them to perfection.

Pluviam voluntariam segregabis, Deus, hæreditati tuæ ; et infirmata est, tu vero perfecisti eam.

All riches from Thy hand shall find a place in Thine inheritance, for in Thy kindness Thou hast provided for us who would be so poor without Thee.

Animalia tua habitabunt in ea : parasti in dulcedine tua pauperi, Deus.

Thou dost also provide us with the preaching of the truth in Thine own power.

Dominus dabit verbum evangelizantibus virtute multa.

This Thy power is shown most splendidly in the love Thou givest to Thy chosen ones. They who are clothed by Thee with virtues shall divide the spoils of Thy victories, O Thou King of power.

Rex virtutum dilecti dilecti : et speciei domus dividere spolia.

Si dormiatis inter medios cleros, pennæ columbæ deargentatæ: et posteriora dorsi ejus in pallore auri.

Dum discernit cœlestis reges super eam, nive dealbabuntur in Selmon: mons Dei, mons pinguis.

Mons coagulatus, mons pinguis: ut quid suspicamini montes coagulatos?

Mons in quo beneplacitum est Deo habitare in eo: etenim Dominus habitabit in finem.

Currus Dei decem millibus multiplex, millia lætantium: Dominus in eis in Sina in sancto.

Ascendisti in altum, cepisti captivitatem: accepisti dona in hominibus.

When Thou dwellest in the midst of Thy faithful people who receive their inheritance by lot, Thou shalt be to us like a gentle dove of most beautiful plumage, assuring us that to Thee belong all beauty and riches. Thy bride, the Church, shall be Thy dove Thy beautiful one, and she shall speak in Thy name.

When Thou who dwellest in heaven shalt exercise Thy right to judge in Thy Church, which is not only Thy dove, Thy beautiful one, but also Thy city, Thy faithful ones shall be as splendid as new fallen snow on the mountains. Thy mountain is a mountain clothed with blessings.

Thy Church, O Lord, shall be a most fruitful mountain on which many flocks may feed. Why then do men seek other mountains when all that the soul requires may be found here?

For this, O God, is the mount in which Thou art pleased to dwell, and where Thou shalt dwell for ever.

The chariot of Thy triumph in which Thou, O Lord, dost lead the souls of men captive by Thy love, shall be followed by countless multitudes of most willing and joyful captives, for Thou art in the midst of them in Thy church and in Thy tabernacle.

Thou hast ascended to heaven after Thy victory to find a place for Thy captives, and to bring down the gifts of grace won by Thy Passion and Death.

Thou hast not forgotten even those who believe not in Thee, for Thy presence on the earth, O Lord God, is a blessing also to them.

Etenim non credentes inhabitare Dominum Deum.

Division of Ps. 67 in Benedictine Breviary.

BE Thou blessed, O Lord, day by day, and be Thou exalted without end. Thou art the God of our salvation who makest our life prosperous in the riches which last for ever.

BENEDICTUS Dominus die quotidie : prosperum iter faciet nobis Deus salutarium nostrorum.

Thou bringest us the means of safety, for Thou art the Lord of life and death, giving us a safe passage even through the gates of death.

Deus noster, Deus salvos facienti : et Domini Domini exitus mortis.

Thou givest us the means to overcome all the enemies of our soul, and Thou wilt bring down the pride of all who walk in sin.

Verumtamen Deus confringet capita inimicorum suorum : verticem capilli perambulantium in delictis suis.

Even if the enemy be encamped in a high mountain of Basan, Thou wilt put him to flight and cast him into the sea.

Dixit Dominus ; Ex Basan convertam, convertam in profundum maris :

Thou, O God, wilt give the faithful soul the complete victory, as complete as if all its enemies were slain in battle so that the whole ground was red with their blood and the dogs could drink of it.

Ut intingatur pes tuus in sanguine : lingua canum tuorum ex inimicis ab ipso.

The whole earth has acknowledged Thine entrance amongst us, the entrance of Thee, our God, the eternal King who now dwellest in Thy tabernacle.

Viderunt ingressus tuos Deus : ingressus Dei mei, Regis mei, qui est in sancto.

Prævenērunt principes conjuncti psallentibus in medio juvenicularum tympanistiarum.

In ecclesiis benedicite Deo Domino, de fontibus Israel.

Ibi Benjamin adolescentulus in mentis excessu.

Principes Juda, duces eorum : principes Zabulon, principes Nephthali.

Manda Deus virtuti tuæ : confirma hoc, Deus, quod operatus es in nobis.

A templo tuo in Jerusalem, tibi offerent reges munera.

Increpa feras arundinis, congregatio taurorum in vaccis populum : ut excludant eos, qui probati sunt argento.

Dissipa gentes, quæ bella volunt ; venient legati ex Ægypto : Æthiopia præveniet manus ejus Deo.

Regna terræ cantate Deo : psallite Domino.

All classes sing to Thee. Kings and princes, gentle virgins and strong young men.

I will then bless Thee, O Lord God, for the wonderful foundation of Thy Church.

There is the beloved Son beside Himself with joy,

And the chosen princes of the families of Israel.

Do Thou, O God, give command to Thy great grace, and make constant the hearts Thou hast chosen.

Accept the offerings which kings bring to Thee for Thy temple and the adornment of Thy tabernacle.

Do Thou keep in check mine enemies that lie in wait, and those that meet my soul openly. They strive by all means in their power to keep Thy chosen ones from coming to Thee with pure and refined hearts.

Scatter the nations that delight in war, but send to Thy Church many from all nations. Grant that all may stretch out their hands to Thee, O God.

I will sing to Thee, my God, and all the kingdoms of the earth will sing Thy praise.

I will sing to Thee ascending in Thy glory as the sun rising in his splendour.

Thou, O Lord, wilt call in a voice which all hearts can hear. For my part, I will give Thee all the glory I can for the Church, because of Thy great beauty and strength in the heavens.

Thou art most wonderful in Thy saints. The power Thou wilt give to Thy people is the power of holiness. Blessed be Thou, my own good God.

Salvum me fac, Deus. Ps. 68.

SAVE me, O my merciful God, for the bitter waters of desolation have entered my soul.

I stick fast and can make no progress to Thee, for my feet are held by the slime of my former habits.

Moreover, I am as if in deep waters, and the waves raised by the evil one well nigh overwhelm me.

Nothing seems to come of my prayers, and my voice refuses to utter any sound. Mine eyes, opened in expectation of Thy coming to my relief, are grown weary.

The evil spirits who hate me, because they hate Thee, my Lord, are more numerous than the hairs of my head. They give me no rest.

They have taken courage. They maliciously accuse me of sins I have not committed, and I have had to pay a price for what I never had.

Psallite Deo, qui ascendit super cœlum cœli, ad orientem.

Ecce dabit vocis sue vocem virtutis; date gloriam Deo super Israel; magnificentia ejus et virtus ejus in nubibus.

Mirabilis Deus in sanctis suis; Deus Israel ipse dabit virtutem et fortitudinem plebi sue: benedictus Deus.

SALVUM me fac Deus; quoniam intraverunt aquæ usque ad animam meam.

Infixus sum in limo profundi: et non est substantia.

Veni in altitudinem maris, et tempestas demersit me.

Laboravi clamans, rauce factæ sunt fauces meæ: defecerunt oculi mei, dum spero in Deum meum.

Multiplicati sunt super capillos capitis mei, qui oderunt me gratis.

Confortati sunt, qui persecuti sunt me, inimici mei injuste: quæ non rapui, tunc exolvebam.

Deus tu scis insipientiam meam :
et delicta mea a te
non sunt abscondita.

Non erubescant in me, qui expectant te Domine ;
Domine virtutum.

Non confundantur super me, qui quaerunt te Deus Israel.

Quoniam propter te sustinui opprobrium : operuit confusio faciem meam.

Extraneus factus sum fratribus meis ; et peregrinus filiis matris meae.

Quoniam zelus domus tuæ comedit me : et opprobria exprobrantium tibi ceciderunt super me.

Et operui in jejunio animam meam : et factum est in opprobrium mihi.

Et posui vestimentum meum cilicium : et factus sum illis in parabola.

O God, Thou knowest my folly. All my sins are known to Thee.

Let not those who really seek Thee be ashamed and turned back because of my distress, O Lord of hosts.

Grant that others who are trying to come to Thee may not be disheartened through me, *i.e.*, if Thou wilt not relieve me for my own sake, send me consolation lest others be cast down on my account.

It is because I was striving to be faithful to Thee, Lord, that all this reproach has come upon me.

When I resolved to follow Thy call to live closer to Thee, my brethren also have treated me as if I were a stranger ; and the children of my own mother, good members of the Church, have made me feel as if I were not of their family.

For the zeal of Thy house hath consumed me, and they that reproached Thee have turned the self-same reproaches on to me.

Then I tried to live only to Thee by a mortified life, and I was jeered at.

I wore hair-cloth and tried to cast from me all bodily comforts, and I became a by-word to them.

None spared me, neither the serious elders who sat to judge the people, nor the young libertines.

But I address my prayer to Thee, O Lord. Hear me in Thine own good time.

In the infinity of Thy mercy hear Thou me in fidelity to Thy promises.

Draw me out of the mire of my bad habits which still clog my feet. Deliver me from the evil spirits who hate my soul, and from the deep waters of desolation which surge about me.

Let neither tempest nor deep nor any pit swallow me up.

Division of Ps. 68 in Benedictine Breviary.

LISTEN to my prayer, O Lord, for Thou art kind. In Thy tender mercy look upon me with Thine eyes of pity.

Turn not away Thy face from Thy child, for I am in trouble. O come to me quickly.

Bend down to my soul and snatch it from danger. Save me, for mine enemies are strong against me.

Adversum me loquebantur, qui sedebant in porta : et in me psallebant, qui bibebant vinum.

Ego vero orationem meam ad te Domine : tempus beneplaciti Deus.

In multitudine misericordiæ tuæ exaudi me ; in veritate salutis tuæ.

Eripe me de luto, ut non infigar : libera me ab iis, qui oderunt me, et de profundis aquarum.

Non me demergat tempestas aquæ ; neque absorbeat me profundum : neque urgeat super me puteus os suum.

EXAUDI me Domine, quoniam benigna est misericordia tua : secundum multitudinem miserationum tuarum respice in me.

Et ne avertas faciem tuam a puero tuo : quoniam tribulor, velociter exaudi me.

Intende animæ meæ, et libera eam : propter inimicos meos eripe me.

Tu scis impro-
perium meum, et
confusionem me-
am, et reverentiam
meam.

In conspectu tuo
sunt omnes qui
tribulant me : im-
properium expec-
tavit cor meum et
miseriam.

Et sustinui qui
simul contristare-
tur, et non fuit ;
et qui consolare-
tur, et non inveni.

Et dederunt in
escam meam fel :
et in siti mea po-
taverunt me aceto.

Fiat mensa eo-
rum coram ipsis
in laqueum, et in
retributiones, et in
scandalum.

Obscurentur oculi
eorum, ne videant :
et dorsum eorum
semper incurva.

Effunde super
eos iram tuam : et
furor iræ tuæ com-
prehendat eos.

Fiat habitatio eo-
rum deserta : et in
tabernaculis eo-
rum non sit qui
inhabitet.

Thou knowest, O Lord, how easily
Thou canst reproach me and confuse me
because of my sins. Thou knowest my
dishonour because of my repeated sins
against Thee.

Still Thou seest that the evil spirits
who disturb me are Thy confirmed
enemies. Thy Divine Son Himself when
in desolation on the Cross cried out :
“My heart hath looked for reproach
and misery.”

“I looked for one who would grieve
with me, but there was none, and for
one who would comfort me, and I found
him not.

And they gave Me gall for My food,
and in My thirst they gave Me vinegar
to drink.” By the desolation of Thy
Divine Son on the Cross support me
now, O my God, and let me not lose
heart altogether.

I cry to Thee to turn Thy wrath
against mine enemies. Let their table
at which they devise evils against me
be a snare to them so that their designs
may fail.

May their eyes be darkened that they
see not to torment me, and may their
back be bent that they cannot look up
to molest me.

Pour out Thine indignation upon
them, and may the vehemence of Thy
wrath take hold of them.

Let their home be as a desert with no
comfort, and their dwelling without any
fellowship.

For they have persecuted Thine own Son when Thou didst strike Him for our sins, and they made His wounds most grievous. So now they assail me and make the wounds I have inflicted on my soul by sin to fester and be a constant annoyance to me.

Add to their iniquity its full reward, and let them have no justice in Thy sight.

Let them be blotted out of the book of the living, and let them not be even mentioned among the just.

But I am poor and sorrowful, O my God; I rest wholly on the salvation Thou offerest me.

I will praise Thy name with a song of thanks. I will strive to grow in Thy knowledge that I may praise Thee more fully.

My striving to know Thee and love Thee, my good God, shall be better than the choicest burnt-offering.

Let me, poor in mine own eyes, be able to see and understand Thee that I may have joy in Thee. I will seek Thee, Lord, that my soul may have full life.

For Thou hast heard the cry of the poor, and they that are in captivity Thou hast not despised.

Let all nature praise Thee, my King and my God.

Quoniam quem tu percussisti, persecuti sunt: et super dolorem vulnerum meorum addiderunt.

Appone iniquitatem super iniquitatem eorum: et non intrent in justitiam tuam.

Deleantur de libro viventium, et cum justis non scribantur.

Ego sum pauper et dolens: salus tua Deus suscepit me,

Laudabo nomen Dei cum cantico: et magnificabo eum in laude.

Et placebit Deo super vitulum novellum, cornua producentem et ungulas.

Videant pauperes, et lætentur: quærite Deum et vivet anima vestra.

Quoniam exaudivit pauperes Dominus; et vinctos suos non despexit.

Laudent illum cœli et terra; mare et omnia reptilia in eis.

Quoniam Deus salvam faciet Sion; et ædificabuntur civitates Juda.

Et inhabitabunt ibi : et hæreditate acquirunt eam.

Et semen servorum ejus possidebit eam : et qui diligunt nomen ejus, habitabunt in ea.

For Thou wilt save Thine own beloved Church, and the smaller cities of Juda, the religious Orders, shall flourish.

They shall live in Thy grace, and it shall become an inheritance to them.

The seed of Thy servants shall possess Thy grace, and they that love Thy holy name shall dwell in Thee for ever.

The 69th Psalm is a repetition of part of the 39th.

In Te, Domine. Ps. 70.

IN te Domine speravi, non confundar in æternum : in justitia tua libera me et eripe me.

Inclina ad me aurem tuam, et salva me.

Esto mihi in Deum protectorem, et in locum munitum : ut salvum me facias.

Quoniam firmamentum meum ; et refugium meum es tu.

Deus meus eripe me de manu peccatoris : et de manu contra legem agentis, et iniqui.

Quoniam tu es patientia mea Do-

IN Thee, O Lord, have I hoped. Let not my trust in Thee be in vain. Deliver me in Thy justice, *i.e.*, because of the love of Thy justice, from depression which will rob me of hope, and do Thou rescue me from all sadness.

Bend down Thine ear to my prayer and save me from the dangers that threaten me.

Be to me a merciful God in whom I may have confidence, my Protector to defend me, my Fortress to which I can fly for safety.

Thou alone art my support and my refuge, my own good God !

Deliver me from evil example and from the company of those who serve Thee not. Save me, O God, from those who oppress the poor.

Thou, O Lord, art the sole object of my desire for whom I have waited and

longed. Thou art my hope from my youth.

Since my birth Thou hast protected me and been my support.

I will never cease to praise Thee, O God. Thou art still my helper, though my past life has made men wonder that Thou hast regard to me.

Let not only my mouth but my whole being be filled with praise of Thee, my good God, that I may give glory to Thee and extol Thy greatness all the day.

Be Thou constant to me even unto old age when my natural strength will fail me. Do not Thou forsake me.

For mine enemies have plotted against me, and they who for hatred of Thee have been on the watch to rob me of Thy grace, have taken the strong counsel of the fallen angels how they may overcome me.

At times they have said and put into my mind that Thou hadst forsaken me because of my sins and frequent negligences. They have said to each other, Pursue him now and take him, for there is no one to deliver him.

O my God, be not far from me ; make haste to help me, Lord.

Let these adversaries of my soul be confounded, and let their designs come

mine : Domine spes mea a juventute mea.

In te confirmatus sum ex utero : de ventre matris meæ tu es protector meus.

In te cantatio mea semper ; tanquam prodigium factus sum multis : et tu adjutor fortis.

Repleatur os meum laude, ut cantem gloriam tuam : tota die magnitudinem tuam.

Ne projicias me in tempore senectutis : cum defecerit virtus mea, ne derelinquas me.

Quia dixerunt inimici mei mihi : et qui custodiebant animam meam, consilium fecerunt in unum :

Dicentes, Deus dereliquit eum ; persequimini et comprehendite eum : quia non est qui eripiat.

Deus ne elonget a me : Deus meus, in auxilium meum respice.

Confundantur et deficiant detrahentes animæ meæ ;

operiantur confusione et pudore, qui quærent mala mihi,

Ego autem semper sperabo : et adjiciam super omnem laudem tuam,

Os meum annuntiabit justitiam tuam : tota die salutare tuum.

Quoniam non cognovi litteraturam, introibo in potentias Domini : Domine memorabor justitiæ tuæ solius.

Deus, docuisti me a juventute mea : et usque nunc pronuntiabo mirabilia tua.

Et usque in senectam et senium, Deus, ne derelinquas me.

Donec annuntiem brachium tuum generationi omni, quæ ventura est :

Potentiam tuam et justitiam tuam, Deus, usque in altissima, quæ fecisti magnalia : Deus quis similis tibi ?

to nought. May they be covered with shame and confusion at their failure.

But I will always hope in Thee, my God. I will join my voice to all who praise Thee.

My mouth shall recount Thy perfections and the salvation Thou hast offered to me all the day long.

Though I am unlearned in the knowledge of Thy perfections and infinite attributes, yet I will speak of Thy great power. I will be ever mindful of Thine eternal justice which is Thine alone, and which urges Thee to have mercy on me, because I am so weak.

Thou, O God, hast been my teacher from my youth, allowing me to be brought up in the faith of Thy holy Church. As long as I live I will declare what I know of all Thy works. I will thank Thee in my prayer for Thine infinite goodness to me, my own good God.

In mine old age forsake me not. Keep me under Thy kind protection even till my grey hairs.

Give me time that I may declare to all whom I may meet,

Thy power, Thy justice, and the greatest favours Thou hast shown to me. Who is like unto Thee, my God, the God of my heart ?

Thou hast indeed brought great troubles and trials upon me, and then graciously changing them, Thou hast brought me back to Thee from the troubles of earth.

Thy kindness and mercy in comforting me have been beyond all other manifestations of Thy power.

I will praise Thee, O God, in whatever way Thou allowest me, Thou the Holy One of Israel !

I will strive to be joyful in my praise of Thee, and my soul which Thou, dear Lord, hast bought with Thy Most Precious Blood shall also give itself to joy.

Yea, and my tongue shall speak of Thy perfection all the day, for they who seek to do me evil are confounded and brought to shame.

Deus, judicium tuum. Ps. 71.

GRANT to me, O Lord, that I may judge with Thy judgment, and that I may live in the perfection taught me by Thy Son.

That I may make my judgment of Thy people in union with Thy kind judgment, seeing always the good, and that I may not be moved to be hard on the poor and lenient to the rich.

Thus shall the mountains, those in authority over me, be at peace with me,

Quantas ostendisti mihi tribulationes multas et malas ; et conversus vivificasti me : et de abyssis terræ iterum reduxisti me.

Multiplicasti magnificentiam tuam : et conversus consolatus es me.

Nam et ego confitebor tibi in vasis psalmi veritatem tuam : Deus, psallam tibi in cithara, sanctus Israel.

Exultabunt labia mea, cum cantavero tibi ; et anima mea, quam redemisti.

Sed et lingua mea tota die meditabitur justitiam tuam ; cum confusi et reveriti fuerint, qui quæerunt mala mihi.

DEUS, judicium tuum regi da ; et justitiam tuam filio regis.

Judicare populum tuum in justitia ; et pauperes tuos in judicio.

Suscipiant montes pacem populo,

et colles justitiam.

Judicabit pauperes populi, et salvos faciet filios pauperum : et humiliabit calumniatorem.

Et permanebit cum sole, et ante lunam, in generatione et generationem.

Descendet sicut pluvia in vellus, et sicut stillicidia stillantia super terram.

Orietur in diebus ejus justitia et abundantia pacis ; donec auferatur luna.

Et dominabitur a mari usque ad mare ; et a flumine usque ad terminos orbis terrarum.

Coram illo procident Æthiopes : et inimici ejus terram lingent.

Reges Tharsis, et insulæ munera offerent : reges Arabum et Saba dona adducent.

Et adorabunt eum omnes reges terræ : omnes gentes servient ei.

and my companions shall receive from me a charitable, and therefore, a more just judgment.

Do Thou O Lord, have special regard to the poor, and to those who make themselves poor for Thy sake. Have mercy on the children of the poor, who, by their age and poverty, have a double claim on Thy mercy. Humble the proud who judge Thy little ones unjustly.

So shall my soul please Thee and reign with Thee for my whole life.

Then shall my influence be as a gentle rain falling without noise upon wool, and as showers falling gently, doing nothing but good.

The perfection of life demanded by Thy justice shall flourish, and great peace be over all souls as long as the light put by Thee in the heavens shall be given to men.

The rule of Thy love shall be spread abroad and have sway without hindrance.

Then shall the wicked be subdued and crushed to the earth.

All nations shall put themselves willingly under Thy dominion, O God, and shall bring costly presents to Thee.

The kings of the earth shall gladly adore Thee, and all nations do Thy bidding.

For Thy kindness will deliver the poor from those that oppress them, and the needy shall find their helper in Thee.

Thou wilt have mercy on all who are poor and in need, and Thou wilt give them riches and blessings that the earth cannot give.

Thou wilt redeem the souls of Thy faithful servants from the heavy burdens the demons try to put upon them, and from the evils they impute to them. Those that are of little account in their own eyes Thou wilt make honourable.

They shall live with Thee, O God, a full, vigorous life, and be blessed with the riches of Thy grace. Their constant joy shall be prayer to Thee, and Thy praise shall be ever in their mouths.

There shall be abundant fruit on the earth, as abundant as if the barren mountains were clothed with corn. The fruit of their life and prayer shall be above the most beautiful mountain of Libanus, and the number of the saints shall be as the grass of the field.

May Thy name be for ever blessed with the blessings which belonged to it before the sun was made.

In Thee, O Lord, shall all the tribes of the earth be filled with blessings, and all nations shall grow in their appreciation and love of Thee.

Blessed be Thou, my Lord and my God, who alone workest such wonders in the souls of men.

Quia liberabit pauperem a potente; et pauperem, cui non erat adiutor.

Parcet pauperi et inopi: et animas pauperum salvas faciet.

Ex usuris et iniquitate redimet animas eorum; et honorabile nomen eorum coram illo.

Et vivet, et dabitur ei de auro Arabiæ, et adorabunt de ipso semper: tota die benedicent ei.

Et erit firmamentum in terra in summis montium; superextolletur super Libanum fructus ejus: et florebunt de civitate sicut fœnum terræ.

Sit nomen ejus benedictum in sæcula: ante solem permanet nomen ejus.

Et benedicentur in ipso omnes tribus terræ: omnes gentes magnificabunt eum.

Benedictus Dominus Deus Israel, qui facit mirabilia solus.

Et benedictum
nomen majestatis
ejus in æternum ;
et replebitur ma-
jestate ejus omnis
terra : fiat, fiat.

And blessed be the name of Thy Majesty for ever, *i.e.*, our Lord Jesus Christ who showeth forth the majesty of Thy mercy. May all the earth be filled with Thy Majesty by the spread of love of the Most Blessed Sacrament.
Amen. Amen.

Quam bonus Israel Deus. Ps. 72.

QUAM bonus Is-
rael Deus his, qui
recto sunt corde !

O GOD, how good Thou art to them that seek Thee ! To them that are upright in heart ! How good Thou art to them that walk before Thee, striving with their whole heart after the perfection to which Thou hast called them !

Mei autem pene
moti sunt pedes :
pene effusi sunt
gressus mei.

A temptation arose in my mind, and it almost caused me to slip and stumble.

Quia zelavi super
iniquos, pacem
peccatorum vi-
dens. -

For I saw the prosperity of the wicked, and I was inclined to envy them.

Quia non est re-
spectus morti eo-
rum ; et firmamen-
tum in plaga eo-
rum.

I thought they lived in peace, and that the few troubles they had to bear seemed so light.

In labore homi-
num non sunt : et
cum hominibus
non flagellabun-
ur.

They needed not to exert themselves in labour, and the ills that came to other men passed them by.

Ideo tenuit eos
superbia : operti
sunt iniquitate et
impietate sua.

For this reason pride takes hold of them. They are clothed in sin and dwell in impiety.

Prodiit quasi ex
adipe iniquitas
eorum : transie-
runt in affectum
cordis.

Then sin abounds and flourishes, and every desire of their heart is satisfied.

They are not restrained in their thoughts or words : both are full of sin. They have spoken evil even to Thee, O Lord.

They have spoken against Thee, my God, in blaspheming Thy saints. They have left nothing on the earth out of their condemnation.

Therefore, Thy people who desire to love Thee are perverted to admire their prosperity, and freely make companions of those who so grievously offend Thee.

Many began to doubt Thy knowledge, and whether Thou hast any regard to these things which everyone knew.

They said within themselves : Are not these sinners ? And yet Thou allowest them to prosper on the earth, and to amass great fortunes.

Then was I tempted to murmur and say : In vain have I cleansed my heart of evil desires, and for no purpose have I washed my hands from sin that I might be amongst the innocent.

And I have been scourged with tribulations all my life, and I have risen each day to new trials, but all this has profited me nothing.

Yet, if I should so speak I should speak foolishly, for my words would condemn all those who have served Thee from the beginning, and who have been Thy dear children.

I was much distressed to understand ; it was a cause of perplexity to me.

Cogitaverunt et locuti sunt nequitiam : iniquitatem in excelso locuti sunt.

Posuerunt in cœlum os suum : et lingua eorum transivit in terra.

Ideo convertetur populus meus hic : et dies pleni invenientur in eis.

Et dixerunt, Quomodo scit Deus : et si est scientia in excelsis ?

Ecce ipsi peccatores, et abundantes in sæculo, obtinuerunt divitias.

Et dixi, Ergo sine causa justificavi cor meum ; et lavi inter innocentes manus meas.

Et fui flagellatus tota die : et castigatio mea in matutinis.

Si dicebam, Narrabo sic : ecce nationem filiorum tuorum reprobavi.

Existimabam, ut cognoscerem hoc : labor est ante me.

Donec intrem in
sanctuarium Dei ;
et intelligam in
novissimis eorum.

Verumtamen
propter dolos po-
suisti eis : dejecisti
eos, dum alleva-
rentur.

Quomodo facti
sunt in desolatio-
nem, subito defe-
cerunt : perierunt
propter iniquita-
tem suam.

Velut somnium
surgentium Domi-
ne, in civitate tua
imaginem ipsorum
ad nihilum redi-
ges.

Quia inflamma-
tum est cor meum,
et renes mei com-
mutati sunt : et
ego ad nihilum
redactus sum et
nescivi.

Ut jumentum
factus sum apud
te : et ego semper
tecum.

Tenuisti manum
dexteram meam,
et in voluntate tua
deduxisti me : et
cum gloria susce-
pisti me.

But I did not understand till I went into Thy sanctuary, O God, and lived among Thy saints. Then I began to see that the present time is no test of the value of life, but the end which is to last for ever is the true test.

I began to see that the prosperity of the wicked is not an unmixed blessing, but that it can be a snare that may easily cause their ruin.

They are brought to desolation at the time of death. They suddenly cease to live on the earth, and their end is destruction.

As a dream which has been intensely real during sleep is nothing on awaking, so the position and the pride of the wicked shall be of no avail in the moment after death.

Truly my heart has been aroused without cause, and my desires have been bent upon things that I had purposely left. All my thought about the prosperity of the wicked is seen to be nothing, and in my ignorance I knew it not till Thou, my Lord, didst teach me.

I have been as a senseless beast before Thee, still in spite of my folly I have not left Thee.

In Thy kindness Thou hast let me see Thy constant care for me, and Thy Divine Will I now see has led me and guided me. Thou hast offered me such glory with Thee that all the goods of earth are as nothing.

For what have I in heaven but Thee, and beside Thee what can I desire upon earth?

If all the pleasures of earth fail me, and if my heart has no love to satisfy it on earth, still I have Thee, and Thou art the God of my heart, and the God that is my portion for ever!

They that depart from Thee, seeking their satisfaction in earthly riches, shall perish. Thou wilt surely destroy all those that do not give Thee their love.

But it is good and sufficient for me that I hold fast to Thee and put my hope in Thee, my Lord and my God.

Thus shall I be able to declare all Thy praise and the story of all Thy benefits to the faithful soul before all the daughters of Sion, *i.e.*, the souls of the just in the gates and courts of heaven.

Ut quid, Deus. Ps. 73.

WHY, O God, does it appear at times as if Thou hadst cast me away from Thee, and that Thine anger were enkindled against me, even though I desire nothing so much as to be submissive to Thee and dependent upon Thee for all things?

Be mindful of Thy Church which has been Thine since Thou didst found it.

Remember the care Thou hast taken over Thine inheritance which Thou hast redeemed by Thy Most Precious Blood—Thy holy Church in which Thou dwellest.

Quid enim mihi est in coelo? et a te quid volui super terram?

Defecit caro mea, et cor meum: Deus cordis mei, et pars mea Deus in æternum.

Quæ ecce, qui elongant se a te, peribunt: perdidisti omnes, qui fornicantur abs te.

Mihi autem adhærere Deo bonum est: ponere in Domino Deo spem meam.

Ut annuntiem omnes prædicationes tuas, in portis filiæ Sion.

Ut quid Deus repulisti in finem: iratus est furor tuus super oves pascuæ tuæ?

Memor esto congregationis tuæ, quam possedisti ab initio.

Redemisti virgam hæreditatis tuæ: mons Sion, in quo habitasti in eo.

¶ *Leva manus [tuas
in superbiarum
in finem : quanta
malignatus est ini-
micus in sancto !*

Lift up Thy hands against those who have no limit to their pride. See the ruin they are ever inflicting on Thy sanctuaries.

*Et gloriati sunt,
qui oderunt te, in
mediosolemnitatis
tuæ.*

They that hate Thee, O Lord, have been able to boast of the power they have to interfere with and disturb the solemnity of Thy service.

*Posuerunt signa
sua, signa ; et non
cogoverunt sicut
in exitu super
summum.*

They have even defiled Thy churches, setting up their idols, disregarding Thy sanctity. They have striven to take away the worship due to Thee by attracting attention to their idols.

*Quasi in silva lig-
norum securibus
exciderunt januas
ejus in idipsum :
in securi et ascia
dejecerunt eam.*

They have tried to destroy Thy churches, cutting them down as a wood-cutter fells a whole grove of trees.

*Incenderunt igni
sanctuarium tu-
um : in terra pol-
luerunt tabernacu-
lum nominis tui.*

They have burnt Thy sanctuaries and defiled Thy dwelling-place on the earth.

*Dixerunt in cor-
de suo cognatio
eorum simul : Qui-
escere faciamus
omnes dies festos
Dei a terra.*

They tried to root out all Thy worship from the land.

*Signa nostra non
vidimus, jam non
est propheta : et
nos non cognoscet
amplius.*

They were not confronted by a prophet of Thine as of old. They who still believe in Thee are so full of fear that if there were a prophet he would not recognise Thy people.

*Usquequo Deus
improperabit in-
imicus ; irritat ad-
versarius nomen
tuum in finem ?*

How long, O God, shall Thine enemies be able to reproach us ? Wilt Thou let them blaspheme Thy holy Name for ever ?

Why dost Thou keep Thy hand from helping us who are in Thy bosom ?

In spite of all we have to suffer from those who fight against Thee, Thou art still our King and our God. Thou hast promised us salvation in the midst of the earth.

In time past Thou didst make the Red Sea stand firm on either side as Thy people passed through, and then didst allow the same sea to overwhelm the enemies of Thy people.

Thou didst destroy the army of Egypt, and didst leave the bodies of their dead as food for the wild beasts of the desert.

At the Jordan Thou didst hold back the swift stream, and didst dry up its bed that Thy people might cross dry shod.

More universally still, the day is Thine and the night. The daybreak is Thy work, and the sun which gives light to all.

Thou hast ruled the earth, setting the seasons to follow each other.

Because Thou, O Lord, hast such power, so widely acknowledged, remember that the enemy hath so often cast reproach upon Thee as if Thou couldst not overcome them, and this foolish people hath blasphemed Thy holy Name.

Let not these enemies gain power over the souls that confess Thee God

Ut quid avertis manum tuam et dexteram tuam de medio sinu tuo in finem ?

Deus autem Rex noster ante sæcula : operatus est salutem in medio terræ.

Tu confirmasti in virtute tua mare : contribulasti capita draconum in aquis.

Tu confregisti capita draconis : dedisti eum escam populis Æthiopum.

Tu dirupisti fontes et torrentes : tu siccasti fluvios Ethan.

Tuus est dies, et tua est nox : tu fabricatus es auroram et solem.

Tu fecisti omnes terminos terræ : æstatem et ver, tu plasmasti ea.

Memor esto huius, inimicus improperavit Domino : et populus insipiens incitavit nomen tuum.

Ne tradas bestiis animas confitentes tibi : et animas

pauperum tuorum
ne obliviscaris in
finem.

Kespice in testa-
mentum tuum ;
quia repleti sunt,
qui obscurati sunt
terræ domibus ini-
quitatum.

Ne avertatur hu-
milis factus con-
fusus : pauper et
inops laudabunt
nomen tuum.

Exurge Deus,
iudica causam
tuam ; memor esto
improperiorum tu-
orum : eorum, quæ
ab insipiente sunt
tota die.

Ne obliviscaris
voces inimicorum
tuorum : superbia
eorum, qui te ode-
runt, ascendit
semper.

CONFITEBIMUR
tibi, Deus : con-
fitebimur et invo-
cabimus nomen
tuum.

Narrabimus mir-
abilia tua : cum
accepero tempus,
ego iustitias judi-
cabo.

Liquefacta est
terra, et omnes,
qui habitant in ea :
ego confirmavi
columnas ejus.

and Lord, and forget not for ever the
souls of 'Thy poor who are in danger.

Remember 'Thy promises that 'Thou
wouldst befriend the poor and the
humble, for the wicked who are truly
vile because they reject Thee, the only
source of nobility, are still prosperous
and dwell peacefully in their sins.

Let not the humble be turned away
with confusion when they come to Thee.
The poor and those who acknowledge
to Thee their want give Thee the most
perfect praise.

Arise, O God, judge 'Thine own cause,
and assist those who love Thee. Re-
member the reproaches which the foolish
sinner casts upon Thee by his neglect
of Thee all the day long.

Forget not, O God, that the proud
voice of the wicked sounds loud in our
ears. Their hatred of Thee, our good
God, is made manifest to us constantly.

Confitebimur tibi. Ps. 74.

I GIVE Thee thanks, O my God, I give
Thee thanks and call upon Thy
holy Name.

I will remind Thee of Thy wonderful
works. Thou sayest to my soul : " When
the appointed time shall come I will
judge with equity.

" Then shall the earth become as
water, and all that dwell thereon shall
be dissolved for fear of Me, because they
are wicked ; but I will be the strength
of all who trust in Me.

"I shall then say to the wicked: 'Do evil no longer,' and to sinners, 'Be not puffed up with pride.'"

I will speak for Thee to the sinner, O my God, "Be not puffed up with pride as if you were equal to God, and had a right to speak against Him as if He were unjust.

"For if you search east or west or go to the mountains of the desert you can find nothing against my God, and in the end He is the judge.

"In this life He humbles one and allows another to boast in pride, for He holds a cup in His hand filled with wine that is drugged with spices, *i.e.*, inebriating and blinding the minds of sinners.

"He pours this strong wine with the spices into the hearts of the wicked, but the dregs He does not pour out as yet. He reserves them for the sinners who are impenitent. They shall drink up this wine of the wrath of God."

But I prefer to sing of Thy goodness, O my God, and not proudly oppose Thee. I will relate for ever Thine infinite goodness to me.

Thou, my good God, sayest to my soul: "I will break all the pride of sinners and raise up the humility of the just."

Dixi iniquis: Nolite inique agere; et delinquentibus, Nolite exaltare cornu.

Nolite extollere in altum cornu vestrum: nolite loqui adversus Deum iniquitatem.

Quia neque ab oriente, neque ab occidente, neque a desertis montibus; quoniam Deus judex est.

Hunc humiliat et hunc exaltat; quia calix in manu Domini vini meri plenus mixto.

Et inclinavit ex hoc in hoc; verumtamen fœx ejus non est exinanita: bibent omnes peccatores terræ.

Ego autem annuntiabo in sæculum: cantabo Deo Jacob.

Et omnia cornua peccatorum confringam: et exaltabuntur cornua justi.

Notus in Judea. Ps. 75.

THOU art known and appreciated in Thy Church, O God, and Thy name is held in veneration.

NOTUS in Judæa Deus; in Israel magnum nomen ejus.

Et factus est in
pace locus ejus :
et habitatio ejus in
Sion.

Ibi confregit po-
tentias arcuum ;
scutum, gladium
et bellum.

Illuminans tu
mirabiliter a mon-
tibus æternis : tur-
bati sunt omnes
insipientes corde.

Dormierunt som-
num suum : et
nihil invenerunt
omnes viri divitia-
rum in manibus
suis.

Ab increpatione
tua Deus Jacob
dormitaverunt, qui
ascenderunt equo-
s.

Tu terribilis es,
et quis resistet
tibi ? ex tunc ira
tua.

De cœlo auditum
fecisti judicium :
terra tremuit et
quievit :

Cum exurgeret in
judicium Deus ;
ut salvos faceret
omnes mansuetos
terræ.

Quoniam cogita-
tio hominis con-
fitebitur tibi : et

Thy place is in the peace of a good
conscience, and Thy dwelling in the
tabernacle.

From the souls of Thy saints and
from the tabernacle where Thou dwellest
Thou hast overcome the powers of the
world. The bows, shields, and swords
of the warriors have been turned aside
by Thee, and the battles of men quieted.

Thou shinest as a strong light from
the eternal hills, and the foolish world-
lings are troubled when they hear of
Thy sanctity, and the holiness Thou de-
mandest from men.

They have slept their life through,
not understanding what is of real worth,
and even the rich who are in honour
have found that they had missed what
is of real value in Thine eyes.

They also who fly from one place to
another, when Thy light strikes them to
rebuke their folly, find that they have
not been awake to the most important
needs of the soul.

Thou, O God, strikest fear into all.
Who can resist Thee when Thou art
angry ?

Thou didst announce Thy judgment
as to Thy will from heaven, and at some
time of life the earth stands still to let
every soul know Thy will.

When Thou, O God, comest in the
last day Thou wilt give salvation to the
meek of heart.

Then shall all the consciences of men
give praise to Thee, and the remains of

conscience, resolutions which follow, shall be to keep holyday to honour Thee.

Ye people of God, make your vows to Him as some recognition of His right, and pay unto God what each soul owes to Him. Bring Him presents, especially ye that are near to His tabernacle.

Remember your reverence before Him, for He can humble the pride of princes ; He can crush even the kings of the earth.

Voce mea. Ps. 76.

WHEN I have been in distress I have raised my voice to Thee, O Lord, and Thou hast heard me and answered me.

I came to Thee, my God, at other times as soon as trouble came upon me. I raised up my hands in prayer in the night time, and I was not deceived in my trust in Thee.

But now I obtain no consolation from Thee. I remembered Thee, O God, and Thy care for me and my heart was glad ; but now I pray and meditate on Thy goodness and I almost faint with distress, for Thou dost not console me.

I have not been able to sleep ; I wake to find my trouble still with me, yet I have not complained.

I looked back to past favours, the great kindness Thou hast shown me and Thy constant care of those who have served Thee from the beginning.

I thought over all these things in the quiet of the night, and I did my best to

reliquiæ cogitationis diem festum agent tibi,

Vovete et reddite Domino Deo vestro, omnes, qui in circuitu ejus affertis munera.

Terribili et ei, qui aufert spiritum principum : terribili apud reges terræ.

VOCE mea ad Dominum clamavi : voce mea ad Deum, et intendit mihi.

In die tribulationis meæ Deum exquisivi, manibus meis nocte contra eum : et non sum deceptus.

Renuit consolari anima mea : memor fui Dei, et delectatus sum et exercitatus sum : et defecit spiritus meus.

Anticipaverunt vigilias oculi mei : turbatus sum et non sum locutus.

Cogitavi dies antiquos : et annos æternos in mente habui.

Et meditatus sum nocte cum corde

meo : et exercitabar, et scopebam spiritum meum.

Numquid in æternum projiciet Deus ? aut non apponet, ut complacitior sit adhuc ?

Aut in finem misericordiam suam abscindet : a generatione in generationem ?

Aut obliviscetur misereri Deus ? aut continebit in ira sua misericordias suas ?

Et dixi : Nunc cœpi : hæc mutatio dextere Excelsi.

Memor fui operum Domini ; quia memor ero ab initio mirabilium tuorum.

Et meditabor in omnibus operibus tuis : et in adinventionibus tuis exercebor,

Deus, in sancto via tua ; quis Deus magnus, sicut Deus noster ? tu es Deus, qui facis mirabilia.

understand Thy ways. I searched mine own soul for some reason for Thy severe treatment of me.

I began to say in my heart : “ Will my God cast me off for ever ? Will He never more be favourable to me ?

“ Will He cut off His former mercy which He has shown from generation to generation ?

“ Has He forgotten to be merciful ? Is He so angry with me that He will close up the source of mercy ? ”

And whilst I was distressed Thou, my God, didst let me see that this trial is for my good, so I say in my heart : “ Now I have begun again to hope. This seeming desolation is sent by Thee as were Thy former favours.”

So I will again call to mind Thy works and remember that when Thou, O Lord, dost work most wonderfully then Thou dost demand the greatest submission from Thy servants.

I will meditate on all Thy works and seek to do all that Thou askest of me.

I will remember, O God, that I must begin with reverence and energy in the sanctuary, in the holy Office and in prayer. Who is like to Thee for drawing me close to Thee ? Who can do so much with my poor weak soul as Thou canst ?

Thy great power is known over the whole world. Thou didst show Thy might by taking a weak and despised people and raising them to do great things for Thee.

Thou didst show Thy power over the Red Sea. Thou didst show Thyself, and the waters stood up on either side as Thy people passed through.

And immediately with a great noise and the spray of much water Thou didst overwhelm the armies of Egypt.

Thou didst thunder from heaven as if from Thy war-chariot. Thy lightnings flashed like arrows over the armies of Egypt.

Thy lightnings have lit up the whole world and let all know that Thou art God. The earth has shaken and trembled.

Thou canst make a way for Thy people in the sea, and a path through the waters. The waters cover over the way Thy people have taken, and no one shall know.

Thou, O Lord, didst lead Thy people as a flock of sheep by the hand of Moses and Aaron. Thus I have no cause to lose heart, and I will go on with courage, for Thy goodness is always with me in spite of my trouble.

Attendite. Ps. 77.

THE Psalmist begs all to take to heart the facts he brings to their minds in the psalms.

Notam fecisti in populis virtutem tuam ; redemisti in brachio tuo populum tuum, filios Jacob et Joseph.

Viderunt te aquæ Deus, viderunt te aquæ : et timuerunt et turbatæ sunt abyssi.

Multitudo sonitus aquarum : vocem dederunt nubes.

Etenim sagittæ tuæ transeunt : vox tonitruï tui in rota.

Illuxerunt coruscationes tuæ orbi terræ : commota est et contremuit terra.

In mari via tua, et semitæ tuæ in aquis multis : et vestigia tua non cognoscentur.

Deduxisti sicut oves populum tuum in manu Moysi et Aaron.

ATTENDITE popule meus legem meam ; inclinate aurem vestram in verba oris mei.

Aperiam in parabolis os meum : loquar propositiones ab initio.

Quanta audivimus et cognovimus ea : et patres nostri narraverunt nobis.

Non sunt occultata a filiis eorum : in generatione altera.

Narrantes laudes Domini et virtutes ejus ; et mirabilia ejus, quæ fecit.

Et suscitavit testimonium in Jacob : et legem posuit in Israel.

Quanta mandavit patribus nostris, nota facere ea filiis suis, ut cognoscat generatio altera.

Filii, qui nascuntur et exurgent ; et narrabunt filiis suis.

Ut ponant in Deo spem suam : et non obliviscantur operum Dei : et mandata ejus exquirant.

Ne fiant, sicut patres eorum, generatio prava et exasperans.

Generatio, quæ non direxit cor suum, et non est creditus cum Deo spiritus ejus.

His words are full of wisdom and relate the ways of God from the beginning.

We must not forget that our God has dealt with men from the beginning, and we are to learn His will from the facts that have been handed down to us by those who have gone before us.

These works of God were not meant to be hidden ; they were meant for our instruction.

The burden of the whole psalm is that it is our duty to praise God, and to appreciate His power and the glory of His wonderful providence.

For He has ever commanded His chosen people,

That they should not hide from their children His kindness to them.

That these also should pass on the story to their children,

So that all might put their trust in God, and be obedient to His commands, not forgetting His goodness.

Lest they become like many of their fathers, a wicked and provoking people.

A people that had not the love of God in their hearts, or been faithful to Him.

Even the most noble, the natural leaders of the people, the first and most powerful tribe, have been cowards in the battle of life, and have turned their backs in the time of trial.

They were not faithful to God, and would not walk in His law.

They forgot His past kindness and the great wonders He wrought for their benefit.

They forgot all the wonders of their escape from the slavery of Egypt ;

How God divided the sea and made the waters to stand up as if contained in a mighty vessel ;

The pillar of cloud by day and of fire by night.

The giving them to drink abundantly from the rock in the desert,

The water from which was as a great stream. They did not remember any of these mercies of God.

But they sinned yet more and provoked the Most High in the desert.

They tempted Him in their hearts, and not satisfied with manna, they asked for flesh to eat.

Fili Ephrem,
intendentes et
mittentes arcum,
conversi sunt in
die belli.

Non custodierunt
testamentum Dei:
et in lege ejus no-
luerunt ambulare.

Et obliti sunt
benefactorum
ejus; et mirabili-
um ejus, quæ
ostendit eis.

Coram patribus
eorum fecit mira-
bilia in terra
Ægypti; in cam-
po Taneos.

Interrupit mare,
et perduxit eos:
et statuit aquas
quasi in utre.

Et deduxit eos
in nube diei; et
tota nocte in illu-
minatione ignis.

Interrupit petram
in eremo: et ada-
quavit eos velut
in abyso multa.

Et eduxit aquam
de petra: et de-
duxit tanquam
flumina aquas.

Et apposuerunt
adhuc peccare ei:
in iram excitave-
runt Excelsum in
inaquoso.

Et tentaverunt
Deum in cordibus
suis; ut peterent
escas animabus
suis.

Et male locuti
sunt de Deo : dixe-
runt, Numquid
poterit Deus pa-
rare mensam in
deserto ?

Quoniam percus-
sit petram, et
fluxerunt aquæ,
et torrentes inun-
daverunt.

Numquid et pa-
nem poterit dare,
aut parare men-
sam populo suo ?

Ideo audivit Do-
minus et distulit ;
et ignis accensus
est in Jacob : et
ira ascendit in
Israel.

Quia non credi-
derunt in Deo ;
nec speraverunt
in salutari ejus.

Et mandavit nu-
bibus desuper : et
januas cœli ape-
ruit.

Et pluit illis
manna ad mandu-
candum : et pa-
nem cœli dedit
eis.

Panem Angelor-
um manducavit
homo : cibaria
misit eis in abun-
dantia.

Transtulit Aust-
rum de cœlo : et
induxit in virtute
sua Africum.

They spoke ill of God, saying : " Is it possible for God to give us other food than this manna in the wilderness ?

" He did indeed give us water from the rock,

" Can He also give us other food ? "

And God heard their murmurs and was angry. The fire of His anger was kindled against His people.

For they would not believe in His kind providence, and had no hope that He would see them safe through their trials.

Had He not commanded the clouds and opened the stores of heaven for them ?

Had He not rained down manna and given them food from heaven ?

He gave them the bread of angels, *i.e.*, suitable to those who were most faithful to Him, and sent them food in abundance.

So now He changed the wind suddenly, and brought a south-west wind,

Bringing with it the flesh they asked for like dust, and the quails fell as numerous as the sands of the sea,

And they fell in the camp close to the tents.

So the people had their wish and were filled with the food of their choice. God did not stint them in the food they craved for.

But as they were yet eating, God's anger was kindled against them.

And He slew the most greedy among them, and their chosen men.

They sinned still and were not mindful of His wonderful works,

Their time was wasted in vanity, and their years in hastening forward, and not attaining the Promised Land.

When God struck them they sought to appease Him in prayer, and they turned to Him early in the morning.

Then they remembered that none but God could help them, and that only the Most High could save them.

Et pluit super eos sicut pulverem carnes ; et sicut arenam maris volatilia pennata.

Et ceciderunt in medio castrorum eorum ; circa tabernacula eorum.

Et manducaverunt et saturati sunt nimis ; et desiderium eorum attulit eis : non sunt fraudati a desiderio suo.

Adhuc escæ eorum erant in ore ipsorum, et ira Dei ascendit super eos.

Et occidit pingues eorum : et electos Israel impedivit.

In omnibus his peccaverunt adhuc : et non crediderunt in mirabilibus ejus.

Et defecerunt in vanitate dies eorum : et anni eorum cum festinatione.

Cum occideret eos, quærebant eum : et revertebantur, et diluculo veniebant ad eum.

Et rememorati sunt, quia Deus adjutor est eorum ; et Deus excelsus Redemptor eorum est.

Division of Ps. 77 in Benedictine Breviary.

ET dilexerunt eum
in ore suo : et lin-
gua sua mentiti
sunt ei.

THEY spoke loving words to Him, and
lied unto Him in their praise.

Cor autem eorum
non erat rectum
cum eo ; nec fide-
les habiti sunt in
testamento ejus.

Their heart was not right, nor were
they faithful to keep His law.

Ipse autem est
misericors ; et propi-
tius fiet peccatis
eorum : et non
disperdet eos.

How merciful He is ! for He forgave
their sin and did not wholly destroy
them.

Et abundavit, ut
averteret iram
suam ; et non
accendit omnem
iram suam.

For He often ceased to be angry with
them, and did not kindle all His wrath.

Et recordatus est,
quia caro sunt ;
spiritus vadens et
non rediens.

He remembered that they were erring
and weak flesh, like a wind that is
never constant.

Quoties exacer-
baverunt eum in
deserto ; in iram
concitaverunt eum
in inaquoso ?

How often did they provoke Him in
the desert !

Et conversi sunt,
et tentaverunt
Deum : et sanctum
Israel exacerbave-
runt.

Again and again they tempted God
and roused against them the anger of
the Holy One of Israel.

Non sunt recor-
dati manus ejus,
die qua redemit
eos de manu
tribulantis.

They were unmindful of all He had
done for them when they were in slavery
in Egypt.

Sicut posuit in
Ægypto signa
sua ; et prodigia
sua in campo
Taneos.

Of the wonders He worked to move
Pharaoh to release them.

How he turned their rivers into blood,
and their showers, that they could not
drink.

Et convertit in
sanguinem flumi-
na eorum ; et im-
bres eorum, ne
biberent.

He sent flies to molest them, and
frogs which destroyed their food.

Misit in eos cœ-
nomyiam et come-
dit eos : et ranam,
et disperdidit eos.

He gave up their fruits to a withering
wind, and their harvests to the locust.

Et dedit ærugini
fructus eorum ; et
labores eorum lo-
custæ.

Their vineyards He destroyed with
hail, and their mulberry-trees with hoar-
frost.

Et occidit in
grandine vineas
eorum ; et moros
eorum in pruina.

He killed their cattle with storms and
their goods with fire.

Et tradidit gran-
dini jumenta eo-
rum ; et possessio-
nem eorum igni.

He let go the fierceness of His anger,
and He allowed the evil spirits to be
the instruments of His wrath.

Misit in eos iram
indignationis suæ ;
indignationem et
iram et tribulatio-
nem, immissiones
per angelos malos.

He let His anger have a clear path,
and spared not their souls from hell.
All their cattle He gave up to death.

Viam fecit semi-
tæ iræ suæ ; et non
pepercit a morte
animabus eorum :
et jumenta eorum
in morte conclusit.

He smote the first-born of Egypt, and
took the first fruits of their race.

Et percussit om-
ne primogenitum
in terra Ægypti ;
primitias omnis
laboris eorum
in tabernaculis
Cham.

He took away His own people and
guided them in the wilderness.

Et abstulit sicut
oves populum su-
um : et perduxit
eos tanquam gre-
gem in deserto.

Et deduxit eos in
spe, et non timue-
runt : et inimicos
eorum operuit
mare.

He filled their souls with hope so
that they did not fear the army of
Pharaoh which He overwhelmed in the
Red Sea.

Et induxit eos in
montem sanctifica-
tionis suæ : mon-
tem, quem acqui-
sivit dextera ejus.

But His people He led to the holy
mountain which He Himself had chosen.

Et ejecit a facië
eorum gentes : et
sorte divisit eis
terram in funiculo
distributionis.

He drove out the nations before them
and divided the land by lot, making
boundaries for each tribe.

Et habitare fecit
in tabernaculis eo-
rum tribus Israel.

He made them to dwell in tents that
they might be more easily under His
guidance.

Et tentaverunt
et exacerbaverunt
Deum excelsum :
et testimonia ejus
non custodierunt.

But in spite of all His goodness, they
tempted and provoked the Most High
God, and would not keep His law.

Et averterunt se,
et non servaverunt
pactum : quemad-
modum patres eo-
rum conversi sunt
in arcum pravum.

They turned to other gods, and would
not obey Him, as their fathers had been
like a crooked bow which could not send
its arrow straight.

In iram concita-
verunt eum in col-
libus suis : et in
sculptilibus suis ad
æmulationem eum
provocaverunt.

They provoked Him by setting up
sanctuaries not for Him on the hill-tops,
and they made Him angry with the
idols they set up.

Audivit Deus et
sprevit : et ad
nihilum redegit
valde Israel.

And God in His anger grievously
afflicted His people, bringing them
almost to nothing.

Et repulit taber-
naculum Silo : ta-
bernaculum suum,
ubi habitavit in
hominibus.

He rejected the tabernacle at Silo
where He had dwelt so long.

And He delivered their strength and beauty, *i.e.*, the Ark of God, into captivity.

He allowed His people to be oppressed by the sword, and He let His inheritance be despised on the earth.

Their young men were consumed with the fire and destruction of war, and the maidens were so accustomed to horrors that they wept not.

Their priests were given to the sword, and the widows were so lost in hopelessness that they mourned not at all.

Then God awoke as if from sleep, and as a great warrior who had been overcome with wine.

He turned the enemy to flight, and inflicted such a defeat that the shame of it shall last for ever.

And He cast aside the tabernacle of Joseph (for hitherto the Ark had rested in Silo, a town of the tribe of Ephraim, the son of Joseph) and chose not the tribe of Ephraim.

But He chose the tribe of Juda and Mount Sion which he loved.

He built His sanctuary with great strength in the place He would dwell in.

Et tradidit in captivitatem virtutem eorum : et pulchritudinem eorum in manus inimici.

Et conclusit in gladio populum suum : et hæreditatem suam sprexit.

Juvenes eorum comedit ignis : et virgines eorum non sunt lamentatæ.

Sacerdotes eorum in gladio ceciderunt : et viduæ eorum non plorabantur.

Et excitatus est tanquam dormiens Dominus ; tanquam potens crapulatus a vino.

Et percussit inimicos suos in posteriora : opprobrium sempiternum dedit illis.

Et repulit tabernaculum Joseph : et tribum Ephraim non elegit.

Sed elegit tribum Juda ; montem Sion, quem dilexit.

Et ædificavit sicut unicornium sanctificium suum in terra, quam fundavit in sæcula.

Et elegit David
servum suum ; et
sustulit eum de
gregibus ovium :
de post foetantes
accepit eum :

Pascere Jacob
servum suum ; et
Israel hæredita-
tem suam.

Et pavit eos in
innocentia cordis
sui : et in intellectu-
bus manuum sua-
rum deduxit eos.

And He chose David His servant,
and took him though a mere shepherd.

Him God made to feed His holy
people and to guard His inheritance.

And David did this work for God in
innocence of heart and led them with
great skill.

Deus, venerunt gentes. Ps. 78.

DEUS venerunt
gentes in hæredi-
tatem tuam ; pol-
luerunt templum
sanctum tuum :
posuerunt Jerusa-
lem in pomorum
custodiam.

Posuerunt mortu-
cina servorum tuo-
rum escas volatili-
bus coeli ; carnes
sanctorum tuorum
bestiis terræ.

Effuderunt san-
guinem eorum tan-
quam aquam in
circuitu Jerusa-
lem : et non erat
qui sepeliret.

Facti sumus op-
probrium vicinis
nostris ; subsanna-
tio et illusio his,
qui in circuitu
nostro sunt.

O MY God, my holy profession is an
object of scorn to those round about
me. The abbeyes and churches that
were once ours are defiled.

Thy servants, the saints of our own
land, have been slain, and the images
of Thy saints defaced throughout the
land.

Thine enemies spilt the blood of Thy
saints like water, and our fathers were
afraid to give them burial.

I, too, am still an object of scorn to
those about me. They cannot believe
in my love for Thee.

If I am to blame and my sins have caused this, be not angry with me for ever.

Be angry with those who will not know Thee and will not call upon Thy holy Name.

Thine enemies have eaten up all our substance, and have made the holy places of the faith desolate.

Be kind to me, O Lord, whatever others may do to me, and remember not my sins which are justly punished by Thee. Have mercy on me now, for I have become an object of Thy pity.

Help me, O God my Saviour, and for the glory of Thy name, deliver me. For the sake of Thy holy Name forgive me my sins.

Have not mine enemies pointed to me as if I had no knowledge of Thee? Be Thou always within me, O my God, that I may know where to find Thee.

If Thou wilt not hear me, at least hear the prayers of Thy martyrs, our fathers, and those who in our land have suffered for their faith in Thee.

Show Thy power, the strength of

Usquequo Domine irasceris in finem; accendetur velut ignis zelus tuus?

Effunde iram tuam in gentes, quæ te non noverunt; et in regna, quæ nomen tuum non invocaverunt.

Quia comederunt Jacob; et locum ejus desolaverunt.

Ne memineris iniquitatum nostrarum antiquarum; cito anticipent nos misericordiæ tuæ: quia pauperes facti sumus nimis.

Adjuva nos Deus salutaris noster; et propter gloriam nominis tui Domine libera nos: et propitius esto peccatis nostris propter nomen tuum.

Ne forte dicant in gentibus, Ubi est Deus eorum? et innotescat in nationibus coram oculis nostris.

Ultio sanguinis servorum tuorum, qui effusus est: introeat in conspectu tuo gemitus compeditorum.

Secundum magnitudinem brachii

tui, posside filios mortificatorum.

Et redde vicinis nostris septuplum in sinu eorum ; improprium ipso- rum, quod exprobraverunt tibi Do- mine.

Nos autem popu- lus tuus, et oves pascuæ tuæ, con- fitebimur tibi in sæculum.

In generationem et generationem annuntiabimus laudem tuam.

Thine arm, and preserve me, the child of Thy saints.

If it be Thy will let the reproach of those who abuse me be turned on their own heads.

But I, Thy child, will give thanks to Thee for ever and ever, my good, loving Lord.

I will praise Thee and pass on Thy praise from generation to generation.

Qui regis Israel. Ps. 79.

QUI regis Israel, intende : qui deducis velut ovem Joseph.

Qui sedes super Cherubim ; man- ifestare coram Ephraim, Benja- min et Manasse.

Excita potentiam tuam, et veni ; ut salvos facias nos.

Deus, converte nos : et ostende faciem tuam, et salvi erimus.

Domine Deus virtutum, quous- que irasceris super orationem servi tui ?

Cibabis nos pane lacrymarum ? et potum dabis nobis in lacrymis in mensura ?

HEAR my prayer, O God, Thou who wast a King to Thy people and a shepherd to the children of Joseph.

Thou who dwellest amongst us, sitting upon the cherubim in the Ark, let Thy light be seen, make Thy will to be known to Thy chosen people.

Stir up Thy power as Thou didst in former ages. Come to mine aid and save me.

O my God, turn my heart to Thee, and show me Thy kindness and I shall be safe.

How long wilt Thou be angry, O Lord God, and turn away Thy face from the prayer of Thy servant ?

How long wilt Thou give me sorrow for my food and tears for my drink ?

My neighbours fight over me, and mine enemies scoff at my weakness.

O God of hosts, Thou alone canst save me. Show Thy kindness and turn my heart to Thee.

Thou hast brought a precious vine out of Egypt. Thou hast cast out the heathen from the Promised Land, and there Thou hast planted Thy vine.

How carefully Thou didst guard it on the journey through the desert! When Thou didst bring it to the Promised Land Thou didst plant it as a careful gardener, and the roots thereof filled the land.

It grew till the shadow of it covered the hills, and the branches grew above the cedars of God.

The roots stretched to the sea and its boughs to the great river.

Why hast Thou allowed the hedge which protected Thy vine to be broken down, so that any wanderer may pluck it as he wills?

Any wild beast has access to it to work damage to its branches.

O God, turn to us and look from heaven on our neglected state. O come and visit this vine which Thou hast planted.

Posuisti nos in contradictionem vicinis nostris : et inimici nostri subannaverunt nos.

Deus virtutum, converte nos ; et ostende faciem tuam, et salvi erimus.

Vineam de Ægypto transtulisti : eiecisti gentes, et plantasti eam.

Dux itineris fuisti in conspectu ejus : plantasti radices ejus, et implevit terram.

Operuit montes umbra ejus : et arbusta ejus cedros Dei.

Extendit palmites suos usque ad mare ; et usque ad flumen propagines ejus.

Ut quid destruxisti maceriam ejus ? et vindemiant eam omnes, qui prætergrediuntur viam ?

Exterminavit eam aper de silva : et singularis ferus depastus est eam.

Deus virtutum convertere : respice de cœlo et vide, et visita vineam istam.

Et perfice eam,
quam plantavit
dextera tua : et
super filium hom-
inis, quem confir-
masti tibi.

Incensa igni et
suffossa ab incre-
patione vultus tui
peribunt.

Fiat manus tua
super virum dex-
teræ tuæ ; et super
filium hominis.
quem confirmasti
tibi.

Et non discedi-
mus a te, vivifica-
bis nos : et nomen
tuum invocabi-
mus.

D'omine Deus
virtutum converte
nos : et ostende
faciem tuam, et
salvi erimus.

Do Thou bring to perfection what
Thy right hand has planted and have
regard to the son of man, *i.e.*, all those
whom Thou hast chosen to be strong
by Thy strength.

If Thy vine be dug up and burnt it
will be because Thou art angry with us
and wilt not save us.

Let Thy hand strengthen all those
who stand on Thy right hand to keep
Thy law, and on those who look to
receive all their strength from Thee.

I, Lord, will not go away from Thee ;
do Thou give me new life and I will
seek Thy will in prayer.

O Lord my God, turn my heart to
Thee ; show Thy kind countenance to
me and save me.

Exultate Deo. Ps. 80.

EXULTATE Deo
adjutori nostro :
jubilate Deo Ja-
cob.

Sumite psalmum
et datetympanum :
psalterium juncun-
dum cum cithara.

Buccinate in Ne-
omenia tuba in
insigni diesolemn-
itatis vestræ.

Quia præceptum
in Israel est : et
judicium Deo Ja-
cob.

Testimonium in
Joseph posuit
illud, cum exiret

I WILL rejoice before Thee, O my God,
my only helper. I will sing unto
Thee, for Thou art my God.

I will sing a psalm to Thee and make
use of any instrument of joy.

Especially at the great festivals of
the Church I will rejoice before Thee.

For this is the command of the Church
and Thy will, O Lord.

Thou didst establish the feast of the
Passover, when Thou didst bring Thy

people from Egypt. They were taken through nations whose tongue they could not understand.

Thou didst release them from the slavery of Egypt, and from the tasks imposed upon them.

So Thou, my God, dost say to me :
 "Thou didst call upon Me when in affliction and I delivered thee. I heard thy prayer from the pillar of cloud. I tried thee in the waters of contradiction.

"Listen, then, thou soul that I have chosen, and I will speak to thee. Thou must serve Me and not make for thyself a new god ; nor must thou take up and adore any strange god.

"For I am the Lord thy God who brought thee out of the land of Egypt ; open wide thy mouth and I will fill it."

But though Thou, O God, didst speak thus to Thy people of old, they did not attend to Thy words. Thy chosen ones would not listen to Thee.

Therefore, Thou didst let them go according to the desires of their heart, and walk in their own devices.

If Thy people had only heard Thee, if Thy chosen ones had walked faithfully in Thy ways,

de terra Ægypti :
 linguam, quam
 non noverat, au-
 divit.

Divertit ab on-
 eribus dorsum
 ejus : manus ejus
 in cophino servie-
 runt.

In tribulatione
 invocasti me, et
 liberavi te ; ex-
 audiavi te in ab-
 scondito tempesta-
 tis ; probavi te
 apud aquam con-
 tradictionis.

Audi populus
 meus, et contesta-
 bor te, Israel si
 audieris me, non
 erit in te deus re-
 cens : neque ado-
 rabis deum alie-
 num.

Ego enim sum
 Dominus Deus
 tuus, qui eduxi te
 de terra Ægypti :
 dilata os tuum et
 implebo illud.

Et non audivit
 populus meus vo-
 cem meam : et
 Israel non inten-
 dit mihi.

Et dimisi eos se-
 cundum desideria
 cordis eorum :
 ibunt in adinven-
 tionibus suis.

Si populus meus
 audisset me : Israel
 si in viis meis am-
 bulasset :

Pro nihilo forsitan inimicos eorum humiliassem : et super tribulantes eos misissem manum meam.

Inimici Domini mentiti sunt ei : et erit tempus eorum in sæcula.

Et cibavit eos ex adipe frumenti : et de petra melle saturavit eos.

Thou wouldst quickly have humbled their enemies and laid a heavy hand on all that troubled Thy people.

Their enemies would have been Thine, and the time of Thy people would have been for ever.

Thou, O God, wouldst have fed them with the choicest bread, and with honey whereby they would have been fully satisfied.

Deus stetit. Ps. 81.

DEUS stetit in synagoga deorum : in medio autem deos dijudicat.

Usquequo iudicatis iniquitatem, et facies peccatorum sumitis ?

Judicate egeno et pupillo : humilem et pauperem iudificate.

Eripite pauperem : et egenum de manu peccatoris liberate.

Nescierunt neque intellexerunt, in tenebris ambulantes : movebuntur omnia fundamenta terræ.

O MY Lord God, I so often take up Thy prerogative, and pass judgment on my fellowmen, but I myself shall have to stand before Thee to be judged.

How often do I judge unjustly and without care ! How often I give a more favourable judgment to the wicked than to those of my own household !

I must be kind to the poor and the fatherless whom Thou, O Lord, dost love. The humble and the poor whom none consider are ever in Thy sight.

Thus, I will exert what influence I have for the poor and needy, and shield them from the hand of the sinner.

They who judge severely of their neighbour do so without understanding. Their minds are really in darkness ; and because of the unjust and uncharitable judgments of men the very foundations of society are disturbed.

Thou hast called us gods by giving us the power of judgment, but the power is to be exercised by us as beseems Thy children, always with reference to Thee and Thy judgment.

When we come to die we shall no longer be able to pass judgment on others. We shall be like dethroned princes.

Then Thou, O God, shalt be the sole Judge of all. By Thine own right Thou shalt judge all who are Thy servants.

Ego dixi, Dii estis, et filii Excelsi omnes.

Vos autem sicut homines moriemini : et sicut unus de principibus cadetis.

Surge Deus, iudica terram ; quoniam tu hæreditabis in omnibus gentibus.

Deus, quis similis. Ps. 82.

MY soul finding all the world set against its peace turns to Thee, my God. Who is like to Thee? Do not Thou leave me and refuse to come to mine aid.

For lo, the enemies of my soul are Thine enemies also. They who have hated Thee from the beginning have grown bold, and have raised their heads against Thee.

Guided by Satan, Thine arch enemy, they have united themselves against Thy people, and against all those who hope to serve Thee in holiness.

They have said to each other : " Come, let us destroy the influence of the Church ; let us raise up discord amongst the members of God's Church. Let us crush them so that the very name of the Church shall be no longer remembered."

DEUS, quis similis erit tibi ? ne taceas neque compescaris, Deus.

Quoniam ecce inimici tui sonuerunt : et qui oderunt te, extulerunt caput.

Super populum tuum malignaverunt consilium : et cogitaverunt adversus sanctos tuos.

Dixerunt, Venite et disperdamus eos de gente : et non memoretur nomen Israel ultra.

Quoniam cogita-
verunt unanimiter;
simul adversum te
testamentum dis-
posuerunt: taber-
nacula Idumæ-
orum, et Ismahel-
itæ.

Moabet Agareni,
Gebal et Ammon
et Amalec: alieni-
genæ cum habit-
antibus Tyrum.

Etenim Assur
venit cum illis:
facti sunt in ad-
jutorium filiis Lot.

Fac illis sicut
Madian et Sisa-
ræ; sicut Jabin in
torrente Cisson.

Disperierunt in
Endor: facti sunt
ut stercus terræ.

Pone principes
eorum sicut Oreb
et Zeb, et Zebee
et Salmana.

Omnes principes
eorum, qui dixe-
runt: Hæreditate
possideamus sanc-
tuarium Dei.

Deus meus, pone
illos ut rotam; et
sicut stipulam ante
faciem venti.

Sicut ignis, qui
comburit silvam,
et sicut flamma
comburens mon-
tes:

Thine enemies are all agreed together.
They have united their forces to destroy
Thy work in the world.

Even the wandering tribes are united
against Thy Church. The great nations,
they who live by war, and they also who
dwell at Tyre, *i.e.*, those who are
merchants, are in league against Thee.

Mighty peoples join their hands with
the small and insignificant tribes, and
help them to fight against Thee.

Thine enemies of old have ex-
perienced Thy power, O God. Let
these of the present time feel Thy
power, and learn that Thou art God.

Let them and their designs be brought
to nothing.

Show Thy power, O Lord, and may
their leaders be of no account.

For the design of the princes of the
earth has been to usurp the power that
belongs to Thee alone,

Make their council to be unstable,
and their fury like chaff before the
wind.

Bring Thy wrath upon them like a
fire that burneth up the woods and a
flame that reacheth even to the hills.

So shalt Thou pursue them and keep them in a state of terror.

Shame, too, shall come upon all who fight against Thee. Then only can we hope that they may seek to know Thee, Lord.

For it is only the humiliation which will come upon them for a long time which will lead them to turn to Thee.

Then shall they know that Thou art their Lord, and that Thou art the Most High against whom none can stand.

Quam dilecta. Ps. 83.

O MY Lord, I will strive to appreciate the beauty of the life to which Thou hast called me. Thy home is indeed full of delight and beauty. Let me learn from the life in the cloister to long for Thy house of which this is only the court.

Make my heart ready to be Thy dwelling place, and my countenance joyful because of Thy presence, for Thou art the God of all life, and my true life is in union with Thee.

The sparrow finds a home for herself, and the dove a nest to lay her young.

My home and my nest are in the choir where I may be with Thee, my King and my God.

Blessed are they who in this life find a home where Thou dost dwell, and where they may begin even here the

Ita persequeris illos in tempestate tua : et in ira tua turbabis eos.

Imple facies eorum ignominia ; et quaerent nomen tuum Domine.

Erubescant et conturbentur in sæculum sæculi : et confundantur et pereant.

Et cognoscant, quia nomen tibi Dominus ; tu solus Altissimus in omni terra.

QUAM dilecta tabernacula tua Domine virtutum ! concupiscit et deficit anima mea in atria Domini.

Cor meum et caro mea exultaverunt in Deum vivum.

Etenim passer invenit sibi domum ; et turtur nidum sibi, ubi ponat pullos suos. Altaria tua Domine virtutum, Rex meus et Deus meus.

Beati, qui habitant in domo tua Domine : in sæ-

cula sæculorum
laudabunt te.

Beatus vir cujus
est auxilium abs-
te ; ascensiones in
corde suo disposuit
in valle lacryma-
rum : in loco,
quem posuit.

Etenim benedic-
tionem dabit legis-
lator ; ibunt de
virtute in virtu-
tem : videbitur
Deus deorum in
Sion.

Domine Deus
virtutum exaudi
orationem meam :
auribus percipe
Deus Jacob.

Protector noster,
aspice, Deus ; et
respice in faciem
Christi tui.

Quia melior est
dies una in atriis
tuis super millia.

Elegi abjectus
esse in domo Dei
mei : magis quam
habitare in taber-
naculis peccato-
rum.

Quia misericor-
diam et veritatem
diligit Deus ; gra-

work of praise which is to occupy them
for ever and ever.

I cannot live this life by my own
power, but I must look for all my help
to Thee, my God. Thou wilt help me
to raise my heart to Thee, to overcome
all sorrow and sadness, and to come at
last to the heaven which Thou hast
prepared for me.

Thy blessing will enable me to do
Thy holy will, and thus to rise from
virtue to virtue till I come to see Thee
as Thou art in Thy home and mine
in heaven.

O Thou God of all power, hear my
prayer, and listen patiently to me.

Be Thou my protector. Look not on
my merits which are nothing, but on
the kind face of my Lord and Saviour
Jesus Christ who has given Himself
for me.

Let me love the life to which Thou,
my God, hast called me, and let me
prefer it to all the liberty I could have
without Thee in the world.

Let me be content to be of no account,
and to be subject so that I may remain
near Thee rather than have all the false
delights of sin away from Thee.

I will strive with Thy help, my God,
to learn to love what Thou lovest, mercy
and kindness and truth, that Thou
mayest give me Thy grace to keep me

constant, and the glory of Thy own home in heaven as a reward.

I can firmly trust in Thy goodness to me if I walk in innocence before Thee. O Thou God of all power and goodness, bless me with a lasting hope in Thee.

Benedixisti, Domine. Ps. 84.

HOW good Thou hast been to me, O my God! Thou hast blessed me and freed me from the captivity of the world.

In Thy mercy, by the Passion of Thy Son, Thou hast covered my sins in the Sacrament of Penance.

How bitter might have been Thine anger against me if Thou hadst not had mercy! How persistent Thy wrath if Thou hadst not turned it away!

Turn my heart yet more to Thee, O God my Saviour, and in Thy mercy turn away Thy just anger from me.

I can not bear to think that Thou wilt be angry with me for ever. In Thy mercy do not visit upon me the sins of my youth.

Give to me, my God, a full vigorous spiritual life, then shall my heart rejoice with true joy in Thee.

Show me Thy mercy, my own good God, for without Thy help I cannot be safe.

I will be attentive to Thy voice in my heart, O Lord; Thou dwellest there to

tiam et gloriam dabit Dominus.

Non privabit bonis eos, qui ambulavit in innocentia: Domine virtutum beatus homo, qui sperat in te.

BENEDIXISTI Domine terram tuam: avertisti captivitatem Jacob.

Remisisti iniquitatem plebis tuæ: operuisti omnia peccata eorum.

Mitigasti omnem iram tuam: avertisti ab ira indignationis tuæ.

Converte nos, Deus salutaris noster: et averte iram tuam a nobis.

Numquid in æternum irasceris nobis? aut extends iram tuam a generatione in generationem?

Deus, tu conversus vivificabis nos; et plebs tua lætabitur in te.

Ostende nobis Domine misericordiam tuam: et salutare tuum da nobis.

Audiam quid loquatur in me Dominus Deus: quo-

niam loquetur pacem in plebem suam :

Et super sanctos suos, et in eos, qui convertuntur ad cor.

Verum tamen prope timentes eum salutare ipsius ; ut inhabitet gloria in terra nostra.

Misericordia et veritas obviaverunt sibi : justitia et pax osculatæ sunt.

Veritas de terra orta est, et justitia de cælo prospexit.

Etenim Dominus dabit benignitatem ; et terra nostra dabit fructum suum.

Justitia ante eum ambulabit, et ponet in via gressus suos.

INCLINA Domine aurem tuam et exaudi me ; quoniam inops et pauper sum ego.

comfort me. Thy voice ever speaks to me of peace.

Thy voice urges me to strive after holiness. Thou wilt certainly speak to me if I attend to Thee with my whole heart.

If my soul is reverent to Thee Thou wilt keep me, and Thy glory will remain near to me even on earth, *i.e.*, the desire of eternal life will be ever with me.

Thy mercy and Thy truth meet in my soul. May Thy justice and Thy peace be united in me. Is not Thy justice, Lord, in my regard Thy demand that I should seek after perfection ? In this alone shall my soul be at peace.

Thou demandest that though I am but earth I should walk sincerely before Thee. Thou hast come down from heaven to teach me the way of perfection.

It is for Thee, O Lord, to give me Thy own goodness that my heart may bear fruit pleasing to Thee.

Thy perfection, manifested by Thy divine Son in His life upon earth, shall be before me leading me, and Thou shalt place my feet in the way of His life that I may walk with constancy in His footsteps, and come to Thee.

Inclina, Domine. Ps. 85.

BEND down Thine ear to me, O Lord, for I am in great want of Thy help.

O take my soul under Thy protection, for Thou hast called me to serve Thee in holiness. Make me safe; I long to serve Thee faithfully, and I put my trust wholly in Thee.

Have mercy on me, O Lord, for I have sinned against Thee. In my weakness I have cried to Thee for help. Do Thou give joy to my soul, for I have lifted up my soul to Thee.

Thou, O Lord, art sweet and mild, and Thou hast an infinite store of mercy for all who call upon Thee.

Listen, then, O Lord, to my prayer, and have regard to what I ask Thee.

I have come to Thee in past trouble, and Thou hast been kind to me. I will have courage to speak to Thee now.

There is none like to Thee, Lord, in kindness, and no one except Thee can bring infinite power to mine aid.

All the nations Thou hast made shall come with me and adore Thee through my worship of Thee, and the glory of the whole earth shall be given to Thee through me.

For Thou art infinite in Thy greatness, and omnipotent in Thy power. Thou alone art God.

Custodi animam meam, quoniam sanctus sum : saluum fac servum tuum, Deus meus, sperantem in te.

Miserere mei Domine, quoniam ad te clamavi tota die ; lætifica animam servi tui : quoniam ad te Domine animam meam levavi :

Quoniam tu Domine suavis et mitis : et multæ misericordiæ omnibus invocantibus te.

Auribus percipe Domine orationem meam : et intende voci deprecationis meæ.

In die tribulationis meæ clamavi ad te ; quia exaudisti me.

Non est similis tui in diis Domine : et non est secundum opera tua.

Omnes gentes, quascumque fecisti, venient, et adorabunt coram te Domine : et glorificabunt nomen tuum.

Quoniam magnus es tu, et faciens mirabilia : tu es Deus solus.

Deduc me Domine in via tua ;
et ingrediar in veritate tua : lætetur cor meum,
ut timeat nomen tuum.

Confitebor tibi Domine Deus meus in toto corde meo : et glorificabo nomen tuum in æternum.

Quia misericordia tua magna est super me : et eruisti animam meam ex inferno inferiori.

Deus, iniqui insurrexerunt super me ; et synagoga potentium quæsierunt animam meam : et non proposuerunt te in conspectu suo.

Et tu, Domine Deus miserator et misericors : patiens et multæ misericordiæ et verax.

Respice in me et miserere mei ; da imperium tuum puero tuo : et saluum fac filium ancillæ tuæ.

Fac mecum signum in bonum ; ut videant qui oderunt me, et confundantur : quoniam tu Domine adjuvisti me et consolatus es me.

Lead me in Thy own way, and I will walk in great sincerity before Thee. Let my heart rejoice, and in all reverence I will call upon Thy holy name.

My whole heart shall praise Thee, O Lord my God, and I will constantly glorify Thy holy name.

For Thou hast shown great mercy to me, and from the degradation of my past life Thou hast delivered my soul.

Still the evil spirits are risen up against me, and they that are naturally so much stronger than I have spared no pains to follow me. They have tried to hinder me from coming to Thee.

But Thou art full of compassion and mercy, long-suffering and merciful, and so constant to Thy promises.

Look upon me, Lord, and have mercy on me. Give me Thy own strength, for I am Thy servant, and leave me not to fall into the hands of Thine enemies, for I am Thy child.

Give me a great trust in Thy goodwill towards me, so that the evil spirits may see my confidence in Thee and be confounded. Thou hast helped me in the past, and hast brought comfort to my soul. Help me and comfort me again and again, my good God.

Fundamenta ejus. Ps. 86.

THE foundations of Thy Church, O God, are laid on the mountain of holiness. The gates of Thy Church, the entrances to a holy life, are loved by Thee beyond all the material forces of Holy Church.

FUNDAMENTA ejus in montibus sanctis: diligit Dominus portas Sion super omnia tabernacula Jacob.

The glories of sanctity which belong only to Thy Church, O God, shall be in my mouth and my heart for ever.

Gloriosa dicta sunt de te, civitas Dei.

I will not forget Thy providence which spread abroad the knowledge of Thy holy Name, even by the captivity of Thy people in Egypt and Babylon.

Memor ero Rahab et Babylonis, scientium me.

None are excluded from Thy Church, whether they are immersed in business as were the Tyrians, or living a wild, untamed life as did the Ethiopians.

Ecce alienigenæ et Tyrus et populus Æthiopum: hi fuerunt illic.

Still, though Thy Church may gain great position and much glory because of the great numbers which flock to her, her chief glory is that she is Thy work. Give me, too, the joy of being wholly Thine:

Numquid Sion dicit: Homo, et homo natus est in ea: et ipse fundavit eam Altissimus.

Thou, O Lord, wilt bring it about that the record of the life of Thy Church shall be kept before the nations of the earth.

Dominus narrabit in scripturis populorum et principum: horum, qui fuerunt in ea.

The city Thou hast founded shall be full of joy. Grant, O my God, that my life also may have a little of Thy own joy in it. Let me rejoice in my time in the increase of Thy Church, both in number and in sanctity.

Sicut lætantium omnium habitatio est in te.

Domine Deus salutis. Ps. 87.

DOMINE Deus salutis meæ, in die clamavi, et nocte coram te.

Intret in conspectu tuo oratio mea: inclina aurem tuam ad precem meam.

Quia repleta est malis anima mea: et vita mea inferno appropinquavit.

Æstimatus sum cum descendentibus in lacum; factus sum sicut homo sine adiutorio, inter mortuos liber.

Sicut vulnerati dormientes in sepulchris; quorum non es memor amplius: et ipsi de manu tua repulsi sunt.

Posuerunt me in lacu inferiori; in tenebrosis et in umbra mortis.

Super me confirmatus est furor tuus: et omnes fluctus tuos induxisti super me.

Longe fecisti notos meos a me: posuerunt me abominationem sibi.

O LORD my God who hast purchased salvation for me, to Thee do I cry both in the day and during the night.

My prayer shall always be in Thy presence, and if I am attentive to Thee Thou wilt certainly hear me, for Thou art ever ready to listen to those who serve Thee reverently.

My soul is troubled with distracting and evil thoughts; my life seems like the life of the lost who obtain no help from Thee.

I am as if I were lost. I can rely on no one, for no man can help me. I have no interest in what happens about me. Nothing rouses my heart.

I am indeed as if dead, and like one thrown among the slain of whom no one has any remembrance. I am even as if left by Thee, my God, and Thou seemest to have no care of me.

My troubles have brought me almost to despair. I can think of no lower depth into which I may sink.

It is as if Thou wert for ever angry with me, and there seems to be no limit to my desolation. Sadness overwhelms me as the waves of the sea.

Even my friends abandon me, and I fancy they look on me with loathing. It seems to me that they must have heard of my sins, and that they despise me utterly.

I am as if confined to a prison out of which I cannot escape, and sorrow and sadness are with me.

O my Lord, I cry to Thee all the day, and I raise my hands to Thee in prayer.

Am I not sunk too far for even Thy hand to reach me? Art Thou waiting for some servant of Thine to come and rouse me?

Can I think of Thy mercy in the grave, or dwell on Thy truth when I am so lost to all that is good?

I seem unable to think of Thy great power, or to remember to make any effort towards perfection.

Yet will I cry to Thee and come before Thee in prayer. I will make fresh efforts every morning, and hope that Thou, my Lord, wilt at last hear me.

Do not spurn the prayer that I pour out before Thee. Turn not Thy face wholly from me.

I am so poor, have pity on me. My life has been one of effort before this trouble came upon me. I was able to rise to Thee, my God, in prayer; but now I am humbled to the earth in my distress.

In my misery it seems to me Thine anger can go no further, and Thy greatest terrors have come upon me.

Traditus sum, et non egrediebar: oculi mei languerunt præ inopia.

Clamavi ad te Domine tota die: expandi ad te manus meas.

Numquid mortuis facies mirabilia? aut medici suscitabunt, et confitebuntur tibi?

Numquid narrabit aliquis in sepulchro misericordiam tuam, et veritatem tuam in perditione?

Numquid cognoscuntur in tenebris mirabilia tua, et justitia tua in terra oblivionis?

Et ego ad te Domine clamavi; et mane oratio mea præveniet te.

Ut quid Domine repellis orationem meam; avertis faciem tuam a me?

Pauper sum ego et in laboribus a juventute mea: exaltatus autem, humiliatus sum et conturbatus.

In me transcurrunt iræ tuæ: et terrores tui conturbaverunt me.

Circumdederunt
me sicut aqua tota
die : circumdederunt
me simul.

Elongasti a me
amicum et proximum ;
et notos
meos a miseria

There is no escape for me if Thou, O Lord, dost not relent. No friend can help me, and no neighbour if Thou withhold Thy grace. There is nothing but misery for me to be acquainted with. In Thy mercy deliver me from this death, and bring life once more to Thy servant.

Thou hast left me no friend to help me, and no neighbour to have pity on me. All my help must come from Thee. In my misery pity me, Lord, and restore me once more to Thy favour.

Misericordias Domini. Ps. 88.

MISERICORDIAS
Domini in æternum
cantabo.

In generationem
et generationem,
annuntiabo veritatem
tuam in ore
meo.

Quoniam dixisti,
In æternum misericordia
ædificabitur in cœlis :
præparabitur veritas
tua in eis.

Disposui testamentum
electis
meis, juravi David
servo meo : Usque
in æternum
præparabo semen
tuum.

Et ædificabo in
generationem et
generationem semen
tuum.

Confitebuntur
cœli mirabilia tua
Domine ; etenim

O MY Lord, my song shall ever be in praise of Thy merciful kindness to me.

Grant that I may ever show forth Thy fidelity, and urge others to put their trust in Thee, because of Thy constant mercy to me.

Thou hast promised from the beginning that the sign of Thy mercy shall be shown in the heavens, and Thy fidelity to Thy promises shall be as manifest as if it were raised in the sky.

Thou didst make a solemn promise to David Thy servant that his seed should never fail ;

And in the establishment of Thy Church by Thy own Son, the Son of David, Thou hast built up a throne that shall last for ever.

The angels in heaven shall praise Thy wondrous works, and Thy truth

shall be glorified in the faith of Thy Church upon earth.

There is none like to Thee even among the angels, for not even those that are nearest to Thee in nature can be compared with Thee, my God.

Thou receivest Thy chief glory from the Church of Thy saints. Thou art ever held in fear and reverence in all the court of heaven.

There is none like to Thee, my God. Thou art omnipotent, and Thy fidelity surrounds Thee on all sides.

Thy power is seen in Thy command of the sea, and Thou hast stilled the tempest with a word.

Thou hast humbled to the dust the proud man who stood up against Thee. Thou hast scattered Thine enemies with the greatest ease.

To Thee belong the heavens and the earth, and all the riches of the earth are Thine. The north is Thine, and the south where lies the Red Sea.

The mountains on the east and west rejoice in being subject to Thee. Thine arm is most powerful.

May Thy kind hand be strengthened upon the whole earth, and Thy right

veritatem tuam in ecclesia sanctorum.

Quoniam quis in nubibus æquabitur Domino ? similis erit Deo in filiis Dei ?

Deus, qui glorificatur in consilio sanctorum, magnus et terribilis super omnes, qui in circuitu ejus sunt.

Domine Deus virtutum quis similis tibi ? potens es Domine et veritas tua in circuitu tuo.

Tu dominaris potestati maris : motum autem fluctuum ejus tu mitigas.

Tu humiliasti, sicut vulneratum, superbum : in brachio virtutis tuæ dispersisti inimicos tuos.

Tui sunt cœli et tua est terra ; orbem terræ et plenitudinem ejus tu fundasti : Aquilonem et mare tu creasti.

Thabor et Hermon in nomine tuo exultabunt : tuum brachium cum potentia.

Firmetur manus tua et exaltetur dextera tua ; justi-

tia et iudicium
præparatio sedis
tuæ.

Misericordia et
veritas præcedent
faciem tuam ;
beatus populus,
qui scit jubilatio-
nem.

Domine in lumine
vultus tui ambu-
labunt ; et in no-
mine tuo exulta-
bunt tota die : et
in iustitia tua ex-
altabuntur.

Quoniam gloria
virtutis eorum tu
es : et in benepla-
cito tuo exaltabitur
cornu nostrum.

Quia Domini est
assumptio nostra,
et sancti Israel
regis nostri.

TUNC locutus es
in visione sanctis
tuis et dixisti ; Po-
sui adjutorium in
potente : et exal-
tavi electum de
plebe mea.

Inveni David ser-
vum meum : oleo
sancto meo unxi
eum.

hand guide the souls of men. Thou guidest those whom Thou hast chosen by holiness and prudence, which make ready the hearts of men to be Thy throne.

Thy mercy and Thy fidelity shine out from Thy face. O blessed are those souls who know the gladness of trusting in Thee, my good God !

They shall walk confidently in the light of Thy countenance. They shall have joy in Thy holy name all the day, because they belong to Thee ; and in the perfection to which Thou, O Lord, dost graciously lead them they shall be in honour before Thee.

For all we do for Thee is Thine. Thine is the power by which we do it. According to Thy will shall our power be exercised.

Thou, O my God, art my helper and my defender, and the upholder of the Holy One, our King.

Division of Ps. 88 in Benedictine Breviary.

THOU hast let us know by Thy secret way of speaking to our hearts that Thy help shall be given to one who is powerful with Thy strength, and whom Thou hast chosen out of the people.

Thou hast found a faithful soul in the Son of David, and Thou hast anointed Him to rule over Thy Church, so that by Thine anointing He becomes our Christ.

Thy hand shall ever help Him, and
Thine arm strengthen Him.

And the evil spirits shall have no
power over Him, nor the devil be able
to hurt Him.

For Thou, O God, fightest on His side,
and His enemies Thou cuttest down
before Him. Thou puttest to flight all
who stand up against Him.

Thou wilt be faithful to Him and
merciful to us who follow Him. His
power shall be exalted in the earth.

When He has established the Church
Thou wilt give Him sway over the
distant seas, and influence over all the
merchandise of the earth.

He shall cry to Thee and give those
whom Thou wilt give to Him the right
to cry to Thee as my soul cries now :
Thou art my Father, my God, my
support in the work of my salvation.

And Thou, my God, wilt give me
also the rights of Thy only begotten
Son—rights which make a soul faithful
to Thee, and far above all the kings of
the earth.

Thou wilt have mercy on His ser-
vants for ever, and keep faithful to Thy
promises.

And His seed, *i.e.*, those who are true to
the faith Thy Son has implanted, Thou
wilt preserve for ever, and the throne
He has established like the everlasting
stars.

Manus enim mea
auxiliabitur ei : et
brachium meum
confortabit eum.

Nihil proficiet
inimicus in eo : et
filius iniquitatis
non apponet no-
cere ei.

Et concidam a
facie ipsius inimi-
cos ejus : et odi-
entes eum in fu-
gam convertam.

Et veritas mea et
misericordia mea
cum ipso : et in
nomine meo exal-
tabitur cornu ejus.

Et ponam in
mari manum ejus :
et in fluminibus
dexteram ejus.

Ipse invocabit
me, Pater meus es
tu : Deus meus et
susceptor salutis
meæ.

Et ego primo-
genitum ponam
illum excelsum
præ regibus terræ.

In æternum ser-
vabo illi misericor-
diam meam : et
testamentum me-
um fidele ipsi.

Et ponam in sæ-
culum sæculi se-
men ejus ; et
thronum ejus sicut
dies cœli.

Si autem dereliquerint filii ejus legem meam; et in judiciis meis non ambulaverint:

Si justitias meas profanaverint; et mandata mea non custodierint:

Visitabo in virga iniquitates eorum; et in verberibus peccata eorum.

Misericordiam autem meam non dispergam ab eo: neque nocebo in veritate mea.

Neque profanabo testamentum meum: et quæ procedunt de labiis meis, non faciam irrita.

Semel juravi in sancto meo, si David mentiar: semen ejus in æternum manebit.

Et thronus ejus sicut sol in conspectu meo; et sicut luna perfecta in æternum: et testis in cœlo fidelis.

Tu vero repulisti et despexisti; distulisti Christum tuum.

Evertisti testamentum servi tui: profanasti in terra sanctuarium ejus.

But if His children forsake Thy law, and walk not according to the judgment Thou wilt put in their hearts,

If they are not reverent in Thy worship, and keep not Thy commandments,

Thou wilt surely punish them.

Yet Thy mercy Thou wilt not wholly take away, nor shall the faith that Thy Son has given to us fail.

Neither wilt Thou break Thy promises to us, nor shall the words of Thy voice in our hearts be wholly void.

For Thou hast sworn to us in Thy tabernacle where Thy Son dwells, and no lie can be found in Thy mouth. Thou hast sworn to be faithful whilst we are faithful to Thee.

As long as the sun shall shine and the moon give her light, Thy throne shall be in the heart of Thy faithful servant. Thou art the faithful witness in heaven of the trust we may put in Thee.

How often have I rejected and despised Thy Christ! How often have I lost patience in my service of Thee!

How often I have been unfaithful to Thee, my good God, and profaned the sanctuary of my own soul where Thou wishest to dwell!

I have broken down the guards of my fidelity, and been in fear because of my negligence that the citadel of my heart would be stormed by the enemy.

I have let my heart be robbed of the attention I owed to Thee ; and all those who have known me have been scandalized by my carelessness.

I have indeed taken the part of Thine enemy, so that he was ready to rejoice over my desertion of Thee.

I have not cried to Thee for help. I have not corresponded with the graces Thou, my God, hast sent me.

My praise of Thee had ceased, and my own soul I have cast down upon the ground.

I have shortened the time of Thy service. I have made Thy servants to be ashamed of me.

How long, O Lord, dost Thou leave me to myself? In Thy mercy be not angry with me.

Remember how weak I am by nature, and that without Thine aid no flesh could be saved.

Is there a man who can keep his life by his own power, and who shall avoid sin if Thou dost not assist him? Yea, that shall avoid most grievous sin?

Where then are the mercies Thou hast shown to weak men of old? Was

Destruxisti omnes sepes ejus : posuisti firmamentum ejus formidinem.

Diripuerunt eum omnes transeuntes viam : factus est opprobrium vicinis suis.

Exaltasti dexteram deprimentium eum : lætificasti omnes inimicos ejus.

Avertisti adiutorium gladii ejus : et non es auxiliatus ei in bello.

Destruxisti eum ab emundatione ; et sedem ejus in terram collisisti.

Minorasti dies temporis ejus : perfudisti eum confusione.

Usquequo Domine avertis in finem : exardescet sicut ignis ira tua?

Memorare quæ mea substantia : numquid enim vane constituisti omnes filios hominum?

Quis est homo, qui vivet et non videbit mortem : eruet animam suam de manu inferi?

Ubi sunt misericordiæ tuæ an-

tiquæ Domine ;
sicut jurasti David
in veritate tua ?

Memor esto Do-
mine opprobrii
servorum tuorum,
(quod continui in
sinu meo) multa-
rum gentium.

Quod exprobra-
verunt inimici tui
Domine : quod
exprobraverunt
commutationem
Christi tui.

Benedictus Do-
minus in æternum :
fiat, fiat.

not David also a sinner? But Thou
hadst mercy on him.

O Lord, be not forgetful of the re-
proach I willingly bore when Thou wast
kind to me, the reproach which came
from Thy many enemies.

For Thine enemies reproach me now
as if Thy mercy were exhausted. I will
still hope in Thee, my God.

Blessed be Thou, my Lord and my
God, my hope for evermore. Amen.
Amen.

Domine, refugium. Ps. 89.

DOMINE refugium
factus es nobis, a
generatione in
generationem.

Priusquam mon-
tes fierent aut
formaretur terra
et orbis : a sæculo
et usque in sæcu-
lum tu es Deus.

Ne avertas ho-
minem in humi-
litem : et dixisti,
Convertimini, filii
hominum.

Quoniam mille
anni ante oculos
tuos tanquam dies
hesterna, quæ
præterit.

Et custodia in
nocte, quæ pro
nihilò habentur,
eorum anni erunt.

THOU, O Lord, art ever the refuge
and protection of those who serve
Thee.

Thy kindness is manifested, because
the fleeting years of man's life are as
nothing to Thine eternity. Before the
world was made and the mountains
stood up out of the waters Thou wast
God.

Do not Thou leave me to myself,
giving me a command to turn to Thee,
and then not helping me by Thy grace.

For the life of man, yea even a
thousand years, is as nothing in Thy
sight. Like a day that is passed away,
leaving no trace behind.

Or like a watch in the night when
the relief has come ; or as something
that is of no account, so are the years
of man's life.

In the morning he springs up like grass, and flourishes for a brief space, then passes away, and in the evening he is cut down like grass, grows dry and is withered up.

It is because Thou hast been angry with me that I have fainted away, and Thine indignation has grievously troubled me.

Thou hast set my sins before Thine eyes, and my whole life in the fierce light of Thy countenance.

In that light all my days are worthless before Thine anger. They have been reduced to nothing.

The whole of my life is seen to be filled with useless labour like a spider weaving a web that has no abiding strength. The utmost span of man's life is threescore and ten.

And if in an exceptional case a man liveth four score years what is there but more labour and sorrow?

For there is nothing but humiliation for the old and most severe rebukes.

Who can know how far he has provoked Thine anger, and what retribution he is to receive?

Grant that I may know the punishment Thy right hand may mete out for me, that I may be wise in heart and no longer provoke Thee.

Mane sicut herba transeat : mane floreat et transeat : vespere decidat, induret et arescat.

Quia defecimus in ira tua ; et in furore tuo turbati sumus.

Posuisti iniquitates nostras in conspectu tuo ; sæculum nostrum in illuminatione vultus tui.

Quoniam omnes dies nostri defecerunt : et in ira tua defecimus.

Anni nostri sicut aranea meditantur : dies annorum nostrorum in ipsis septuaginta anni.

Si autem in potentatibus octoginta anni, et amplius eorum labor et dolor.

Quoniam supervenit mansuetudo : et corripiemur.

Quis novit potestatem iræ tuæ ; et præ timore tuo iram tuam dinumerare ?

Dexteram tuam sic notam fac ; et eruditos corde in sapientia.

Convertere Domine usquequo ?
et deprecabilis esto
super servos tuos.

Repleti sumus
mane misericordia
tua : et exultavi-
mus et delectati
sumus omnibus
diebus nostris

Lætati sumus pro
diebus, quibus nos
humiliasti : annis,
quibus vidimus
mala.

Respice in servos
tuos et in opera
tua ; et dirige filios
eorum.

Et sit splendor
Domini Dei nostri
super nos ; et ope-
ra manuum nos-
trarum dirige su-
per nos : et opus
manuum nostra-
rum dirige.

QUI habitat in ad-
jutorio Altissimi,
in protectione Dei
cœli commorabi-
tur.

Dicet Domino,
Susceptor meus es
tu, et refugium
meum : Deus meus
sperabo in eum.

Quoniam ipse
liberavit me de la-
queo venantium ;

Turn to me, O Lord, and let my
prayers prevail upon Thee to have mercy
on me.

If Thou hear my prayer I shall be
filled with Thy mercy, and I shall have
joy all the days of my life.

My joy shall be more abundant be-
cause of the long period in which Thou
hast humbled me, and for the years in
which I have experienced the evils of
separation from Thee.

Look, then, kindly on Thy servant
and upon the works of Thy hand and
lead Thy child aright.

Let the brightness of Thy counten-
ance shine upon me, my own good God,
and do Thou guide my hands from
above. Direct me, O Lord, in all the
work I do for Thee.

Qui habitat. Ps. 90.

HAPPY is the man who trusts con-
stantly in Thy help, O Lord God
Most High, for he shall dwell at peace
under Thy protection.

I will speak to Thee, my Lord, for
Thou art my protector, my fortress to
whom I can fly ; my God in whom I
will place all my trust.

Thou hast rescued me from the snare
of the evil one. He has striven to make
me lose confidence in Thee and to trust
in myself ; he has sought to disturb me
by the sharp criticism to which I have
been exposed. But Thou, my good God,

hast taught me how to disregard these temptations.

Thou wilt screen me yet more from his attacks with Thy strength. Thou wilt comfort me under Thy wings.

Thy truth will be to me a shield giving me right principles whereby to repel the attacks of Satan. I will rely on Thee, my God, and not be cast down when I am assaulted in the night.

I will not fear for the attacks that come upon me openly; or those that assail my soul in secret; nor for such as come upon me in the full glare of day.

A thousand who trust not in Thee, my God, may fall beside me, and ten thousand close to my right hand. But by Thy protection their fall shall not hurt me.

Their fall shall be only a warning to me, and I shall know what Thou wilt do to them for their sin.

For Thou, O Lord, art my hope; Thou the Most High art my refuge, my safe retreat.

No evil can harm me, and no trial can come upon me save such as Thou in Thy wisdom shalt see is good for me.

Thou hast given Thine angels charge over me; they will keep me in all my ways, and will save me from harm.

They shall bear me up in their hands lest I hurt my foot against a stone. O Lord my God, how kind Thou art to me,

et a verbo aspero.

Scapulis suis
obumbrabit tibi :
et sub pennis ejus
sperabis.

Scuto circumda-
bit te veritas ejus :
non timebis a
timore nocturno :

A sagitta volante
in die ; a negotio
perambulante in
tenebris ; ab in-
cursu et dæmonio
meridiano.

Cadent a latere
tuo mille ; et de-
cem millia a dex-
tris tuis : ad te
autem non appro-
pinquabit.

Veruntamen ocu-
lis tuis considera-
bis : et retributio-
nem peccatorum
videbis.

Quoniam tu es
Domine spes mea ;
Altissimum posu-
isti refugium tuum.

Non accedet ad
te malum : et fla-
gellum non appro-
pinquabit taberna-
culo tuo.

Quoniam Angelis
suis mandavit de
te : ut custodiant
te in omnibus viis
tuis.

In manibus por-
tabunt te ; ne forte

offendas ad lapidem pedem tuum.

Super aspidem et basiliscum ambulabis ; et conculcabis leonem et draconem.

Quoniam in me speravit, liberabo eum : protegam eum, quoniam cognovit nomen meum.

Clamabit ad me, et ego exaudiam eum ; cum ipso sum in tribulatione : eripiam eum et glorificabo eum.

Longitudine dierum replebo eum : et ostendam illi salutare meum.

BONUM est confiteri Domino, et psallere nomini tuo Altissime.

Ad annuntiandum mane misericordiam tuam, et veritatem tuam per noctem.

In decachordo, psalterio, cum cantico in cithara.

Quia delectasti me Domine in factura tua : et in

and how little I have deserved Thy kindness !

In Thy strength I shall have power over the enemies of my soul. Neither poisoned words nor great strength shall be able to harm me.

Thou wilt say to my soul : " Put thy trust in Me and I will deliver thee ; thou shalt have My sure protection. Thou shalt know My Name that thou mayest call Me at once to thine assistance."

Help me, then, O Lord, for I will cry to Thee and trust that Thou wilt hear me. Be with me when I am in trouble ; snatch me from danger, and give me the glory of serving Thee faithfully.

As a last blessing show me yet more of Thy Son, my Salvation. Grant me time to contemplate Thy goodness and kindness to me during my whole life.

Bonum est confiteri. Ps. 91.

IT is good for me to give all the praise I can to Thee, my Lord, and to sing to Thy holy name in the Divine Office, for Thou art the Most High God.

The burden of my song shall be Thy mercy to me, giving me a new day wherein to praise Thee and meditate on Thy fidelity to me in the quiet of the night.

I will stint no trouble in Thy service, but will strive to give Thee the best I am able.

For thou hast allowed me to see and appreciate Thy noble work for the souls

of men, and Thou hast given me joy in feeling the influence of Thy hand upon me.

How great, how worthy of all praise are Thy works ! How profound are Thine eternal thoughts for man !

The foolish sinner has no knowledge of Thee, nor has he any appreciation of all Thy doings.

The brief life of the sinner and his seeming prosperity

Are only the prelude of eternal death in the next life. But Thou, O Lord, remainest for ever the Most High God.

All Thine enemies, O Lord, yea, every one of them shall perish, and all the workers of iniquity shall be scattered before Thy face.

But through Thy mercy I shall grow in strength, and my age shall be made fruitful in good works.

I shall see the downfall of the evil spirits who have risen up against me.

But the just who serve Thee faithfully shall flourish as a palm-tree and like a cedar of Libanus.

operibus manuum
tuarum exultabo.

Quam magnificata sunt opera tua Domine : nimis profundæ factæ sunt cogitationes tuæ.

Vir insipiens non cognoscet : et stultus non intelliget hæc.

Cum exorti fuerint peccatores sicut fœnum ; et apparuerint omnes qui operantur iniquitatem :

Ut intereant in sæculum sæculi : tu autem Altissimus in æternum Domine.

Quoniam ecce inimici tui Domine ; quoniam ecce inimici tui peribunt : et dispergentur omnes, qui operantur iniquitatem.

Et exaltabitur sicut unicornis cornu meum ; et senectus mea in misericordia uberi.

Et despexit oculus meus inimicos meos : et in insurgentibus in me malignantibus audiet auris mea.

Justus ut palma florebit ; sicut cedrus Libani multiplicabitur.

Plantati in domo Domini; in atriis domus Dei nostri florebut.

Adhuc multiplicabuntur in senecta uberi: et bene patientes erunt, ut annuntient.

Quoniam rectus Dominus Deus noster: et non est iniquitas in eo.

They whom Thou hast planted in Thy own house shall grow in grace in the courts thereof, *i.e.*, in the religious houses which are to so many souls the court of heaven.

They shall, by Thy blessing, increase also in number and keep their fervour even to old age.

They shall manifest to the world how just Thou art to them that serve Thee, O my God, and that none need fear that Thou wilt deal ungenerously with Thy servants.

Dominus regnavit. Ps. 92.

DOMINUS regnavit, decorem indutus est: indutus est Dominus fortitudinem, et præcinxit se.

Etenim firmavit orbem terræ, qui non commovebitur.

Parata sedes tua ex tunc: a sæculo tu es.

Elevaverunt flumina Domine: elevaverunt flumina vocem suam.

O MY Lord, take up Thy kingdom in my heart, and clothe Thyself with beauty in my sight that I may praise Thee with all the power Thou hast given to me. Show forth Thy power and subdue all the enemies of my soul. Let there be nothing in me which is not wholly subject to Thee.

Thou hast always been constant in Thy love and care of me. Keep me for Thyself for ever.

Thou hast chosen my heart from eternity to dwell in, O my God. Prepare it for Thyself and stay with me for ever.

The floods of Thy grace have been poured out in my soul, O Lord, and Thou hast often spoken to my heart so that I have not been able to drown Thy voice.

I have been compelled to listen to Thee.

Elevaverunt flumina fluctus suos a vocibus aquarum multarum.

Thy goodness to me is very wonderful. I have so little deserved Thy grace. May Thy goodness lead me even to Heaven that I may praise Thee for ever.

Mirabiles elationes maris: mirabilis in altis Dominus.

But Thy greatest grace and the most powerful incentive to effort is the life of Thy Son. I must learn the lesson of that life and thus make my heart a more worthy dwelling for Thee, my God.

Testimonia tua credibilia facta sunt nimis: domum tuam decet sanctitudo Domine in longitudinem dierum.

Deus ultionum. Ps. 93.

VENGEANCE belongs to Thee, O Lord. Thou canst punish all sinners when Thou wilt.

DEUS ultionum Dominus: Deus ultionum libere egit.

We cry to Thee to requite the proud enemies of Thy Church according to Thy just judgment, and to bring upon them the punishment they deserve.

Exaltare, qui judicas terram: redde retributionem superbis.

How long, O Lord, wilt Thou allow sinners to boast of their evil deeds against Thy servants?

Usquequo peccatores Domine: usquequo peccatores gloriabuntur?

Wilt Thou allow them to utter their impiety and speak abroad their iniquity unpunished?

Effabuntur et loquentur iniquitatem: loquentur omnes, qui operantur injustitiam?

They have brought Thy people down to the dust; they have spoiled Thine inheritance.

Populum tuum Domine humiliaverunt: et hæreditatem tuam vexaverunt.

They have slain the widow and the man who was their guest, and orphans they have done to death.

Viduam et advenam interfecerunt: et pupillos occiderunt.

Et dixerunt, Non videbit Dominus, nec intelliget Deus Jacob.

Intelligite, insipientes in populo : et stulti, aliquando sapite.

Qui plantavit aurem, non audiet ? aut qui finxit oculum, non considerat ?

Qui corripit gentes, non arguet ; qui docet hominem scientiam ?

Dominus scit cogitationes hominum, quoniam vanæ sunt.

Beatus homo, quem tu erudieris Domine : et de lege tua, docueris eum.

Ut mitiges ei a diebus malis, donec fodiatur peccatori fovea.

Quia non repellet Dominus plebem suam : et hæreditatem suam non derelinquet.

Quoadusque justitia convertatur in judicium ; et qui juxta illam, omnes qui recto sunt corde.

Quis consurget mihi adversus malignantes ? aut

And they said in their heart : " God will not see ; their God has no regard for them."

Take heed, ye that are without wisdom ; ye that act so foolishly learn wisdom.

Shall God who made man to hear, Himself not hear ? Shall God who gave us sight be Himself blind ?

He hath smitten the nations who served Him not in the past ; shall He have no rebuke for you ? He that giveth man the power of knowing, shall He be deceived ?

Thou, O Lord, knowest all the thoughts of man's mind and how vain they are.

Blessed is he whom Thou teachest, O Lord ; Thou shalt put Thy law into his heart.

Thou wilt give him peace of heart even when the days are evil until the wicked are dead and buried.

For Thou wilt not cast away them that are faithful to Thee, nor forsake Thy own inheritance.

The time appointed by Thee will come when justice shall speak its judgment, and then it will be found that the upright of heart shall be in close accord with it.

For the present I will hope that there may be found some who will take Thy

part against evil doers, and stand firm against the workers of iniquity.

If Thou, my Lord, hadst not given me confidence in Thy help I had almost despaired.

But in my own life when I called to Thee that my feet were slipping, I felt Thy mercy upholding me.

The more sorrow has been multiplied in my heart at the sight of the evil in the world, the more hast Thou consoled me in the depth of my soul.

I cannot think that the throne of evil, according to law (which makes laws that command what is evil) can have any lasting support from Thee.

Such harry the life of the just, and condemn the innocent to death.

Thou, O Lord, art my refuge. Thou, my God, givest me a strong hope.

Thou wilt surely visit their iniquity upon their heads. Their very malice shall undo them; and Thou, our Lord and God, wilt bring them to destruction.

quis stabit mecum adversus operantes iniquitatem?

Nisi quia Dominus adjuvit me, paulo minus habitasset in inferno anima mea.

Si dicebam, Motus est pes meus: misericordia tua Domine adjuvabat me.

Secundum multitudinem dolorum meorum in corde meo: consolationes tuæ lætificaverunt animam meam.

Numquid adhæret tibi sedes iniquitatis, qui fingis laborem in præcepto?

Captabunt in animam justi: et sanguinem innocentem condemnabunt.

Et factus est mihi Dominus in refugium, et Deus meus in adiutorium spei meæ.

Et reddet illis iniquitatem ipsorum; et in malitia eorum disperdet eos: disperdet illos Dominus Deus noster.

Venite exultemus. Ps. 94.

VENITE, exultemus Domino, jubilemus Deo salutari nostro : præoccupemus faciem ejus in confessione, et in psalmis jubilemus ei.

Quoniam Deus magnus Dominus, et Rex magnus super omnes deos ; quoniam non repellet Dominus plebem suam : quia in manu ejus sunt omnes fines terræ, et altitudines montium ipse conspicit.

Quoniam ipsius est mare. et ipse fecit illud, et aridam fundaverunt manus ejus ; venite, adoremus, et procidamus ante Deum : ploremus coram Domino, qui fecit nos, quia ipse est Dominus Deus noster ; nos autem populus ejus, et oves pascuæ ejus.

Hodie si vocem ejus audieritis, nolite obdurare corda vestra ; sicut in exacerbatione secundum diem tentationis in deserto : ubi

MY soul will rejoice in Thee, my Lord ; do Thou grant me some little of Thine own joy to fill my heart. I will come into Thy presence with thanksgiving for all Thy benefits to me. I will show my joy by singing psalms to Thy praise.

For Thou, O Lord, art the great God, and a great King above all who act as if they had divine power. In Thy hands are all the ends of the earth, and the heights of the mountains are Thine. There is no spot on the earth where Thine influence and power are not felt.

The sea is Thine, for Thou didst make it, and Thy power it was that made the solid earth. I will come to Thee, my God, and fall down before Thee and adore Thee. Thou art my Maker, and my Creator. Thou art the Lord, our God. We are Thy people, and we look to Thee for our food and for protection.

When I hear Thy voice to-day, for Thou wilt ever speak to me, I will not harden my heart as did Thy chosen people of old in the desert when they murmured against Thee, and tempted and provoked Thee so that Thou didst

show them Thy power in destroying many of them.

tentaverunt me
patres vestri, pro-
baverunt et vide-
runt opera mea.

For forty years Thou wast offended with them, for they were ever hard of heart. They did not consider Thy ways, and being angry with them Thou didst let but two enter the Promised Land. Deal not so with me, O Lord, but speak to my heart and make me pliant to Thy will that I may always serve Thee faithfully.

Quadraginta an-
nis proximus fui
generationi huic :
et dixi, Semper hi
errant corde : ipsi
vero non cogno-
verunt vias meas,
quibus juravi in
ira mea, si introi-
bunt in requiem
meam.

Cantate Domino. Ps. 95.

I WILL praise Thee, O Lord, with an ever new song, for I will strive to make my desire of Thee more earnest each time I come before Thee, In the Divine Office I stand not alone, but give Thee the praise which the whole earth owes to Thee.

CANTATE Do-
mino canticum
novum : cantate
Domino omnis
terra.

My praise shall consist in the imitation of Thy Son, my Lord, who manifests Thy name to man. My efforts to apply to my soul day by day the salvation He has purchased shall be my sincere praise of Thee, my God.

Cantate Domino
et benedicite no-
mini ejus : an-
nuntiate de die in
diem salutare ejus.

Thus shall I witness to the world Thy glory ; and the wonders of Thy grace shall in Thy mercy be manifest in my life.

Annuntiate inter
gentes gloriam
ejus ; in omnibus
populis mirabilia
ejus.

Thou art great, O Lord, and worthy of most sincere praise. Thou art to be approached in fear and great reverence. Thou art far beyond all who exalt themselves before men.

Quoniam mag-
nus Dominus et
laudabilis nimis :
terribilis est super
omnes deos.

Quoniam omnes
dii gentium dæ-
monia : Dominus
autem cœlos fecit.

It is Satan who tries to make men reverence anything apart from Thee. Thou madest the heavens to raise our minds to Thee.

Confessio et pul-
chritudo in con-
spectu ejus ; sanc-
tissima et magni-
ficentia in sanc-
tificatione ejus.

The eternal praise and beauty of Thy nature are in Thine own vision ; Thy holiness and Thy majesty are manifested to man in the worship Thy chosen ones give to Thee in Thy sanctuary.

Afferte Domino
patriæ gentium ;
afferte Domino
gloriam et hono-
rem : afferte Do-
mino gloriam no-
mini ejus.

I will bring to Thy worship all the glory and honour I am able. I will give Thee also the glory the world refuses Thee. I will offer to Thy holy name all the praise I can.

Tollite hostias et
introite in atria
ejus : adorate Do-
minum in atrio
sancto ejus.

My small sacrifices of time and ease I will offer to Thee, and these will make my adoration of Thee generous in Thy sight. Thus in the choir and in the sanctuary I will adore Thee as in the courts of heaven.

Commoveatur a
facie ejus universa
terra : dicite in
gentibus, quia Do-
minus regnavit.

My prayer shall be that Thy greatness may rouse all the nations of the earth to Thy service. By the rule Thou bearest in my heart shall men learn that Thou art a King whom it is a joy to serve.

Etenim correxit
orbem terræ, qui
non commovebi-
tur : judicabit po-
pulos in æquitate.

Thou hast established the earth firmly. Thou wilt judge Thy people with even justice.

Lætentur cœli et
exultet terra ;
commoveatur ma-
re et plenitudo
ejus : gaudebunt
campi, et omnia,
quæ in eis sunt.

Let the angels rejoice, let man be glad, let the sea exult, and let all the riches of the sea be given to Thee, O God. Let the fields rejoice, and every living thing on the earth be full of joy.

Then also shall every tree on the earth be glad before the face of my God, for Thou comest to judge the earth.

Thou wilt judge the world with justice, and all people Thou wilt judge in Thy truth. Grant, O my God, that I may be pleasing in Thy sight in that day.

Dominus regnavit. Ps. 96.

MY soul rejoices in Thy power, O Lord. Thy kindly rule makes the whole world rejoice. Even the islands afar off shall be glad.

The secrets of Thy nature are hidden in clouds and darkness. Thy relation to man is manifested by the justice and kind judgment Thou metest out to them.

Out of the cloud that surrounds Thee come lightnings and signs of infinite power which destroy all that opposes itself to Thy gentle and kind rule.

Thy lightnings have shown Thy power over the souls of men, beating down all that was against Thee. All that is of earth in man trembles and grows weak when Thou drawest near.

Even the strongest and most obstinate natures have been melted when Thou, O Lord, didst show Thyself to them.

The heavens, the saints, show forth the great power of Thine attraction over souls, and the whole world sees Thine inner glory in their lives.

Tunc exultabunt omnia ligna silvarum a facie Domini, quia venit : quoniam venit judicare terram.

Judicabit orbem terræ in æquitate ; et populos in veritate sua.

DOMINUS regnavit, exultet terra : lætentur insulæ multæ.

Nubes et caligo in circuitu ejus : justitia et judicium correctio sedis ejus.

Ignis ante ipsum præcedet ; et inflammabit in circuitu inimicos ejus.

Illuxerunt fulgura ejus orbi terræ ; vidit et comota est terra.

Montes sicut cera fluxerunt a facie Domini ; a facie Domini omnis terra.

Annuntiaverunt cœli justitiam ejus : et viderunt omnes populi gloriam ejus.

Confundantur
omnes, qui ad-
rant sculptilia, et
qui gloriantur in
simulacris suis.

Adorate eum,
omnes Angeli
ejus : audivit et
lætata est Sion.

Et exultaverunt
filiae Judæ propter
judicia tua Domi-
ne.

Quoniam tu Do-
minus altissimus
super omnem ter-
ram : nimis exal-
tatus es super om-
nes deos.

Qui diligitis Do-
minum odite ma-
lum ; custodit Do-
minus animas
sanctorum suo-
rum : de manu
peccatoris libera-
bit eos.

Lux orta est jus-
to, et rectis corde
lætitia.

Lætamini justi in
Domino, et con-
fitemini memoriæ
sanctificationis
ejus.

But they who give their hearts to
any idol of earth find that their lives
are full of confusion.

May Thy holy angels whom Thou
hast chosen to be Thy messengers adore
Thee and praise Thee. May Thy
Church hear and rejoice in the honour
given to Thee.

May the daughters of Jerusalem, the
chosen souls of Thy Church, be glad,
because of the mercy of Thy rule, O my
God.

For Thou hast shown to them Thy
greatest power : Thy power over the
weak human heart, how Thou canst
subdue the last remnants of self-love in
the soul.

Grant, O Lord, that all who love Thee
may hate the evil still left in their
hearts. Thou lovest to preserve the
souls of Thy saints from all harm.
Thou wilt snatch them from the hand
of the sinner.

Thy light shineth on the souls of the
just. The light of Thy Son's life giveth
joy to all those who are right of heart.

Grant, O my Lord, that I may rejoice
in Thee and serve Thee with a joyful
heart. May I always keep in my heart
the memory of Thy sanctity.

Cantate Domino. Ps. 97.

CANTATE Do-
mino canticum
novum ; quia mir-
abilia fecit.

O MY God, I will sing a new song to
Thee every day, for Thou art ever
most wonderful in Thy patience with
me.

Thou alone givest me the victory, and when I fail it is because I trust in myself and not in Thee. The victory is not for myself but for Thee, because I am Thine.

Thou hast clearly shown me Thy salvation, for Thou hast shown the beautiful life of Thy Son to the whole world.

Thou dost never cease to be merciful to me in my weakness. Thou showest forth Thy truth to me at all times if I keep my eyes fixed on Thee.

All the earth has seen Thy beauty in the life of Thy Divine Son.

Grant that all the world may have joy in Thee and sing to Thy praise. May all be filled with rejoicing and worship Thee in psalmody.

O may I use every means in my power to make Thy service complete.

With great joy I will come into Thy presence, for Thou art my Lord and my King. Thou art King also of the sea and the whole earth, and of all that dwell therein. I will voice their praise to Thee.

Grant that I may always serve Thee with joy. Shall I be silent when all nature rejoices in Thee? May I live in Thy presence and not fear to meet Thee when Thou comest to judge the world.

Salvavit sibi dextera ejus, et brachium sanctum ejus.

Notum fecit Dominus salutare suum: in conspectu gentium revelavit justitiam suam.

Recordatus est misericordiæ suæ, et veritatis suæ domui Israel.

Viderunt omnes termini terræ: salutare Dei nostri.

Jubilate Deo omnis terra: cantate et exultate et psallite.

Psallite Domino in cithara, in cithara et voce psalmi: in tubis ductilibus et voce tubæ corneæ.

Jubilate in conspectu regis Domini; moveatur mare et plenitudo ejus: orbis terrarum et qui habitant in eo.

Flumina plaudent manu; simul montes exultabunt a conspectu Domini: quoniam venit judicare terram.

Judicabit orbem
terrarum in justitia,
et populos in
aquitate.

I will leave all judgment to Thee, for Thou comest to judge the earth. If I must judge I will do so according to Thy judgment, and be mild and just.

Dominus regnavit. Ps. 98.

DOMINUS regnavit,
irascantur populi :
qui sedet super Cherubim,
moveatur terra.

THOUGH the wicked rage against Thee, O Lord, I will acknowledge Thee as my King. Though my flesh may be troubled in Thy service, I beg of Thee to make firm Thy seat in the tabernacle of my heart, where, as in the Ark, Thou dwellest between the cherubim.

Dominus in Sion magnus,
et excelsus super omnes
populos.

In the choir of Thy chosen ones I shall have time to consider Thy greatness. Oh of how much greater value Thou art than all the people who distract me !

Confiteantur nomini tuo magno ;
quoniam terribile
et sanctum est : et
honor regis judicium diligit.

I will praise Thy holy name with great reverence. I will beg of Thee to make me holy, that I may be fit to pronounce Thy name. Give me the grace to enable me to praise Thee with my whole heart.

Tu parasti directiones :
judicium et justitiam
in Jacob tu fecisti.

My good God, Thou hast taken great pains to let me know Thy holy will ; even so Thou didst act when Thou didst judge the children of Israel.

Exaltate Dominum Deum nostrum ;
et adorate scabellum pedum
ejus : quoniam sanctum est.

In that day the people were called upon to adore the Ark on which Thy feet rested. I will be careful to be very reverent at the altar where Thou dwellest.

Moses et Aaron in sacerdotibus
ejus : et Samuel inter eos
qui invocant nomen ejus.

Thy servants, Moses and Aaron, and Thy prophet Samuel were instant in prayer to Thee.

They called upon Thee, O Lord, and Thou didst hear them. Thou didst speak to the two first in the pillar of cloud.

They indeed kept Thy law and walked holily in all their ways.

Thou didst listen to the prayers of all the people of Israel when they were faithful to Thee, and Thou didst often pardon their sins. But when they left Thee, Thou didst show them how weak they were of themselves. So it is with me. I may trust most confidently in Thee when I am faithful, and I may look to Thee for pardon though I often fail. But if I trust in myself and leave Thee, I shall be in great danger.

So in the Holy Office in Thy sanctuary I will praise and glorify Thee for Thy great sanctity, and for all Thy goodness to me, my God.

Jubilate. Ps. 99.

THE praise I give to Thee, my God, must be full of joy and confidence. Give me grace to serve Thee joyfully and with a generous heart.

Let me not fear to go into Thy presence, for Thou art my own Lord and God who hast loved me, and given Thyself for me.

Thou hast made me and not I myself. I have nothing for which to praise or thank myself. Whatever I have is Thy gracious gift.

Invocabant Dominum, et ipse exaudiebat eos ; in columna nubis loquebatur ad eos.

Custodiebant testimonia ejus, et præceptum, quod dedit illis.

Domine Deus noster tu exaudiebas eos ; Deus tu propitius fuisti eis : et ulciscens in omnes adinventiones eorum.

Exaltate Dominum Deum nostrum ; et adorate in monte sancto ejus : quoniam sanctus Dominus Deus noster.

JUBILATE Deo omnis terra : servite Domino in lætitia.

Introite in conspectu ejus in exultatione.

Scitote, quoniam Dominus ipse est Deus ; ipse fecit nos, et non ipsi nos.

Populus ejus, et oves pascuæ ejus ; introite portas ejus in confessione : atria ejus in hymnis, confitemini illi.

Laudate nomen ejus, quoniam suavis est Dominus ; in æternum misericordia ejus : et usque in generationem et generationem veritas ejus.

MISERICORDIAM et judicium cantabo tibi Domine.

Psallam et intelligam in via immaculata ; quando venies ad me.

Perambulabam in innocentia cordis mei, in medio domus meæ.

Non proponebam ante oculos meos rem injustam ; facientes prævaricationes odivi.

Non adhesit mihi cor pravam : declinantem a me malignum non cognoscebam.

Detrahentem secreto proximo suo, hunc persequerbar.

Superbo oculo, et insatiabili corde, cum hoc non edebam.

Thou hast made me a member of Thy own family, and hast chosen me to belong to Thy most favoured flock. Therefore, I will go to Thy work with thanksgiving, and I will enter Thy courts with hymns of praise on my lips.

I will go to choir with joy and praise Thee, not only for Thy power, but also for Thy sweetness, Thy mercy and Thy truth.

MISERICORDIAM. Ps. 100.

THY mercy to me and the equity of Thy dealing with me shall be the theme of my praise of Thee, O Lord.

I will sing Thy praises and strive to understand how I may follow the way of innocence before Thee. Do Thou, my God, come to my assistance.

I dwell in Thy house, O Lord. Give me grace to walk in innocence of heart before Thee.

I will strive to keep no unjust or evil purpose before mine eyes. I will hate all that are deceitful in their dealings with Thee.

I will not harbour a perverse heart in my breast. I will try to drive even from my thoughts all that is evil.

I will strive to correct any companion of mine who slanders my neighbour or uses harsh judgment against him.

Proud looks shall be far from me, and an discontented heart shall not abide in me.

But fixing mine eyes on those who in the past, or now in the community are faithful, I will spend my time with them. Thou, O Lord, who didst walk the perfect way, hast helped me. I will rely on Thee always.

Put from me all pride and injustice. Let me give no countenance to proud deeds or to evil talk.

Give me grace, O my God, that in the morning I may crush all tendency to sloth and evil in me. Help me to keep all sin from my heart, for I am in Thy city.

Domine, exaudi. Ps. 101.

HEAR my prayer, O Lord, and let my cry of distress come unto Thee.

Turn not away Thy face from me, my good God, nor discourage me from appealing to Thee in my trouble. Graciously bend down Thine ear to me.

In what day soever I shall call upon Thee hearken to me speedily.

For my life is passing away like smoke, and my very bones are as dry as the fuel ready for burning.

I am as dry as parched grass; there is no vigour in my heart. Misery is so

Oculi mei ad fideles terræ, ut sedeant mecum : ambulans in via immaculata, hic mihi ministrabat.

Non habitabit in medio domus meæ, qui facit superbiam : qui loquitur iniqua non direxit in conspectu oculorum meorum.

In matutino interficiebam omnes peccatores terræ : ut disperderem de civitate Domini omnes operantes iniquitatem.

DOMINE exaudi orationem meam : et clamor meus ad te veniat.

Non avertas faciem tuam a me : in quacumque die tribulor, inclina ad me aurem tuam.

In quacumque die invocavero te, velociter exaudi me :

Quia defecerunt sicut fumus dies mei : et ossa mea sicut cremum aruerunt.

Percussus sum ut fœnum, et aruit cor meum ; quia

oblitus sum comedere panem meum.

A voce gemitus mei adhesit os meum carni meæ.

Similis factus sum pellicano solitudinis : factus sum sicut nycticorax in domicilio.

Vigilavi, et factus sum sicut passer solitarius in tecto.

Tota die exprobrabant mihi inimici mei ; et qui laudabant me, adversum me jurabant.

Quia cinerem tanquam panem manducabam : et potum meum cum fletu miscebam.

A facie iræ et indignationis tuæ ; quia elevans allisti me.

Dies mei sicut umbra declinaverunt : et ego sicut fœnum arui.

Tu autem Domine in æternum permanes : et memoriale tuum in generationem et generationem.

Tu exurgens miseraberis Sion ; quia tempus miserendi ejus quia venit tempus.

much my lot that I have forgotten to eat my bread.

Because of my depression my bones have cleaved to my flesh.

I am become solitary as a pelican in the wilderness, or as a night-raven that flies about a ruined house in the dark.

I have spent sleepless nights, and am like a sparrow that sits alone on the house-top.

Mine enemies have heaped revilings upon me, and even my friends who of old had good words for me are now in league against me.

I have been in the lowest depths of misery, willing to eat ashes for bread, and to quench my thirst with tears.

For I have felt that Thou wast angry with me and enraged against me, otherwise why, after having raised me up, hast Thou now cast me down ?

My life has become dark like the shadow just before sunset, and I am withered up like grass.

But Thou, O my Lord, endurest for ever, and the memory of Thy kindness is green in every age.

Arise, then, and have mercy once more upon my soul which has been Thy dwelling. It is time to have mercy, surely the time has come.

For Thy saints have taken pleasure in helping me in the past, as the exiles from Sion delighted in her stones. Let them once more intercede with Thee to have pity on my weakness.

Thy kindness to me will make those who forget Thee have reverence for Thee, O Lord, and the rulers of this darkness, the evil spirits, will acknowledge Thy glory.

For Thou art the Creator of my soul, and Thou hast made it for Thine own glory.

Thou wilt have regard to the prayer of my heart, now thoroughly humbled before Thee. Thou wilt not despise my petition.

I will record Thy goodness for those who are to come after me, and souls not yet created will praise Thee because of Thy mercy to me, O Lord.

In Thy kindness Thou hast looked down from the height of Thy holiness. Out of heaven Thou hast deigned to cast Thine eyes on the earth.

That Thou mightest hear my prayer from the prison and from the chains of my misery. Thou hast also delivered the children of the slain, *i.e.*, those who have none to succour them.

I will sing to Thy holy name in the Church, and I will chant Thy praise in the home of holiness.

For the people will be gathered together, and the rulers of the earth to serve Thee.

Quoniam placuerunt servis tuis lapides ejus; et terræ ejus miserebuntur.

Et timebunt gentes nomen tuum Domine; et omnes reges terræ gloriam tuam.

Quia ædificavit Dominus Sion; et videbitur in gloria sua.

Respexit in orationem humilium, et non sprevit precem eorum.

Scribantur hæc in generatione altera: et populus, qui creabitur, laudabit Dominum.

Quia prospexit de excelso sancto suo: Dominus de cœlo in terram aspexit:

Ut audiret gemitus compeditorum: ut solveret filios interemptorum:

Ut annuntient in Sion nomen Domini; et laudem ejus in Jerusalem.

In conveniendo populos in unum; et reges, ut serviant Domino.

Respondit ei in
via virtutis suæ :
Paucitatem die-
rum meorum nun-
tia mihi.

Ne revoces me
in dimidio dierum
meorum : in gene-
rationem et gene-
rationem anni tui.

Initio tu Domine
terram fundasti :
et opera manuum
tuarum sunt coeli.

Ipsi peribunt, tu
autem permanes ;
et omnes sicut ves-
timentum veteras-
cent.

Et sicut opertori-
um mutabis eos,
et mutabuntur : tu
autem idem ipse
es, et anni tui non
deficient.

Filii servorum
tuorum habita-
bunt : et semen
eorum in sæculum
dirigetur.

BENEDIC, anima
mea, Domino ; et
omnia quæ intra
me sunt, nomini
sancto ejus.

Benedic, anima
mea, Domino ; et
noli oblivisci om-
nes retributiones
ejus.

In Thine infinite strength, O Lord,
Thou dost bid us ponder on the short-
ness of life.

Take me not out of this life till I
have shown my love to Thee, my own
good God. Thy years are for ever and
ever.

Thou, O God, art the Lord of all, and
canst help me if Thou wilt. Thou didst
lay the foundations of the earth, and
the heavens are the work of Thy hands.

They shall perish, but Thou endurest.
They shall grow old and useless as a
garment.

Thou shalt let them be subject to
change as a vesture. But Thou, my
God, art the self-same, and there is no
change in Thee.

Thou art ever merciful. Let the
children of Thy saints continue ; and
do Thou take them under Thine own
guiding hand and save them.

Benedic, anima. Ps. 102.

I WILL bless Thee, O Lord, with my
whole soul, and my praise of Thy
holy name shall come from the very
depths of my heart.

My soul shall bless and praise Thee,
and shall not wilfully forget any of Thy
benefits to me.

Thou dost offer me forgiveness for all my sins, and a healing of all my weaknesses.

Thou hast redeemed my life from eternal death. Thou hast crowned my life with mercy and most tender compassion.

Thou hast in Thyself offered me the most perfect satisfaction of every desire of my soul. Thou hast enabled me to regain the innocence and strength of my youth.

Thou offerest me mercy and kind judgment, because I have been oppressed by sin.

Thou hast shown Thy will in giving me Thy law. and in Thy constant guidance of all who are faithful to Thee.

Thou, my Lord, art full of tender compassion for weak man. Thou hast ever been long-suffering, waiting for my repentance, and plenteous in mercy when I turned to Thee.

Thou wilt not be angry for ever, nor wilt Thou ask too much from Thy servants.

Thou wilt not exact the full punishment of my sins if I repent, nor wilt Thou requite me according to mine iniquity.

For as heaven where Thou, my God, dwellest is immeasurably above the earth, so is Thy mercy infinite to all who lovingly fear Thee.

Qui propitiatur omnibus iniquitatibus tuis : qui sanat omnes infirmitates tuas :

Qui redimit de interitu vitam tuam ; qui coronat te in misericordia et miserationibus :

Qui replet in bonis desiderium tuum : renovabitur ut aquilæ juvenus tua.

Faciens misericordias Dominus ; et iudicium omnibus injuriam patientibus.

Notas fecit vias suas Moysi ; filiis Israel voluntates suas.

Miserator et misericors Dominus : longanimis et multum misericors.

Non in perpetuum irascetur ; neque in æternum comminabitur.

Non secundum peccata nostra fecit nobis ; neque secundum iniquitates nostras retribuit nobis.

Quoniam secundum altitudinem cœli a terra, corrobora vit misericordiam suam super timentes se.

Quantum distat
Ortus ab Occiden-
te; longe fecit a
nobis iniquitates
nostras.

Quomodo mise-
retur pater filio-
rum: misertus est
Dominus timentibus
se: quoniam
ipse cognovit fig-
mentum nostrum.

Recordatus est,
quoniam pulvis
sumus; homo sicut
fenum dies ejus:
tanquam flos agri,
sic efflorescit.

Quoniam spiritus
pertransibit in illo,
et non subsistet;
et non cognoscet
amplius locum
suum.

Misericordia au-
tem Domini ab
æterno; et usque
in æternum super
timentes eum.

Et justitia illius
in filios filiorum;
his, qui servant
testamentum ejus:

Et memores sunt
mandatorum ipsius,
ad faciendum
ea.

Dominus in cælo
paravit sedem suam:
et regnum
ipsius omnibus
dominabitur.

Benedicite Do-
mino, omnes An-
geli ejus; potentes

As far as the east is from the west,
so far hast Thou separated my past sins
from me.

As a father hath pity upon his children,
so Thou, O Lord, hast pity on all who
fear Thee with a filial fear, for Thou
knowest with what weaknesses we are
made.

Thou forgettest not that I am but
dust, and that my life is as grass, and
as the wild flower which blooms for so
short a time.

A cold wind passes over it and it has
no life, and no one shall be able to find
it again.

But Thy mercy is not passing, it is
eternal for them that fear Thee, O my
God.

Thy merciful justice is upon Thy
servants from generation to generation
whilst they are faithful to Thy covenant,

If mindful of Thy commandments
they keep them:

Thou hast prepared Thy throne in
heaven that we may know the kindly
rule Thou wilt give to all.

Then I will join myself to Thine
angels, O Lord, for they are strong and

so perfectly fulfil Thy will. Listening attentively to Thy voice,

I will join myself to the whole choir of angels who have no other desire than to do Thy will.

I will bless Thee, O Lord, for all Thy works by which Thou graciously rulest over the whole universe. My soul giveth Thee praise and blessing for all.

Benedic, anima. Ps. 103.

I WILL bless Thee, O Lord, for Thou art infinitely great.

Thou hast clothed Thyself with qualities which demand our praise, and Thy works with exceeding beauty. Thou art clothed with light as with a garment.

Thou hast stretched out the heavens like a tent to protect us. Thou hast covered the height of the sky with clouds bearing water.

Thou makest the clouds Thy chariot, and movest on the wings of the winds.

Thou makest Thine angels to be spirits, and in their fervour as of fire they carry out Thy commands.

Thou hast made the firm earth, which shall not be moved for ever.

In the beginning Thou didst clothe the earth with the sea as a garment, so

virtute, facientes verbum illius : ad audiendam vocem sermonum ejus.

Benedicite Domino, omnes virtutes ejus : ministri ejus, qui facitis voluntatem ejus.

Benedicite Domino, omnia opera ejus ; in omni loco dominationis ejus : benedic, anima mea, Domino.

BENEDIC, anima mea, Domino : Domine Deus meus magnificatus es vehementer.

Confessionem et decorem induisti, amictus lumine sicut vestimento.

Extendens cœlum sicut pellem, qui tegis aquis superiora ejus.

Qui ponis nubem ascensum tuum : qui ambulas super pennas ventorum.

Qui facis angelos tuos spiritus ; et ministros tuos ignem urentem.

Qui fundasti terram super stabilitatem suam ; non inclinabitur in sæculum sæculi.

Abyssus, sicut vestimentum,

amictus ejus : super montes stabunt aquæ.

Ab increpatione tua fugient : a voce tonitrui tui formidabunt

Ascendunt montes, et descendunt campi, in locum, quem fundasti eis.

Terminum posuisti, quem non transgredientur : neque convertentur operire terram.

Qui emittis fontes in convallibus : inter medium montium pertransibunt aquæ.

Potabunt omnes bestię agri : expectabunt onagri in siti sua.

Super ea volucres cœli habitabunt : de medio petrarum dabunt voces.

Rigans montes de superioribus suis ; de fructu operum tuorum satiabitur terra.

Producens fœcundum jumentis ; et herbam servituti hominum.

Ut educas panem de terra : et vinum lætificet cor hominis.

Ut exhilaret faciem in oleo ; et panis cor hominis confirmet.

that the waters stood above the mountains.

But at Thy rebuke the waters fled ; at the voice of Thy thunder they were in fear.

Then the mountains appeared out of the waters, and the lower ground was freed from them according to Thy design.

Thou didst draw a boundary for the waters which they shall not pass, nor ever return to cover the earth.

In Thy providence Thou didst send forth the springs of water in the valleys, and didst command the waters to flow in the midst of the hills.

So that all the beasts of the field might drink, and the wild beasts quench their thirst.

Above them in the sky Thou didst make the birds to dwell and sing to Thee from the rocks of the mountains.

Thou hast provided water for the hills from the heights, so that the whole earth might be filled with fruits from Thy kind hand.

Grass for the cattle, and herbs for the use of man.

That Thou mightest bring bread from the earth, and wine to cheer the heart of man.

To make the face of man cheerful with oil, and strengthen his heart with bread.

The trees of the field shall have their use and the cedars of Libanus their glory. There the sparrows shall make their nests.

The heron shall find a home in the topmost branches. The hills shall be a refuge for the deer and the rocks for the conies.

Thou hast made the moon to mark the seasons, and hast taught the sun the time of his setting.

Thou hast appointed darkness for the night, and this shall be the feeding time for the beasts of the woods.

The young lions can come to take their prey, and they, too, shall receive their food from Thy hand.

When the sun rises they shall gather together and lie down in their dens.

Man shall go forth to his work, and to his labour until the evening.

How great and beautiful are all Thy works, O Lord! Thou hast indeed made all things in wisdom, and the earth is filled with riches from Thy hand.

Division of Ps. 103 in Benedictine Breviary.

THOU, O God, didst make the great sea, stretching wide its arms, wherein are innumerable living things ;

Saturabuntur lig-
na campi, et cedri
Libani quas plan-
tauit : illic pas-
seres nidificabunt.

Herodii domus
dux est eorum ;
montes excelsi
cervis : petra re-
fugium herinaciis.

Fecit lunam in
tempora : sol
cognovit occasum
suum.

Posuisti tenebras,
et facta est nox ;
in ipsa pertransi-
bunt omnes bestiae
silvae.

Catuli leonum
rugientes, ut rapi-
ant, et quærant a
Deo escam sibi.

Ortus est sol, et
congregati sunt :
et in cubilibus
suis collocabun-
tur.

Exibit homo ad
opus suum. et ad
operationem suam
usque ad vespe-
rum.

Quam magnifi-
cata sunt opera
tua Domine ! om-
nia in sapientia
fecisti : impleta
est terra posses-
sione tua.

Hoc mare mag-
num et spatio-
sum manibus : illic
reptilia, quorum
non est numerus.

Animalia pusilla
cum magnis; illic
naves pertransi-
bunt.

Draco iste, quem
formasti ad illu-
dendum ei: om-
nia a te expectant,
ut des illis escam
in tempore.

Dante te illis,
colligent: aperien-
te te manum tu-
am, omnia imple-
buntur bonitate.

Avertente autem
te faciem, turba-
buntur; auferes
spiritum eorum et
deficient: et in
pulverem suum
revertentur.

Emittes spiritum
tuum, et creabun-
tur et renovabis
faciem terræ.

Sit gloria Domi-
ni in sæculum:
lætabitur Domi-
nus in operibus
suis.

Qui respicit ter-
ram, et facit eam
tremere: qui tan-
git montes, et fu-
migant.

Cantabo Domino
in vita mea: psal-
lam Deo meo,
quamdiu sum.

Jucundum sit ei
eloquium meum:
ego vero delecta-
bor in Domino.

Living things both great and small;
upon its surface shall ships sail.

There, too, are great monsters, but
the sea is so immense that even they
can play freely in it. All these creatures
depend on Thee and wait for food from
Thy hand.

What Thou givest to them they shall
gather up; when Thou openest Thy
bountiful hand they shall be filled with
all that is good.

But if Thou didst turn away Thy
face they would be troubled. Thou
wouldst take away their life, and they
would fail and quickly return to dust.

Thou didst send forth Thy Spirit,
and all these things were created. Thou
didst clothe anew the whole face of the
earth.

Thy glory, O Lord, shall endure for
ever, and Thou shalt rejoice in the
works of Thy hands.

Thou lookest upon the earth and it
trembles; Thou touchest the mountains
and they smoke.

I will sing to Thee, O Lord, as long
as I have life. I will praise Thee, my
good God, as long as Thou givest me
being.

May my psalm be pleasing to Thee.
I will take my delight in Thee alone.

May sinners cease upon the earth,
and the workers of iniquity as if they
had not been; but my soul shall bless
Thee, my Lord and my God.

Deficient peccatores a terra, et iniqui ita ut non sint : benedic, anima mea, Domino.

Confitemini Domino. Ps. 104.

I GIVE thanks to Thee, O Lord, and I call upon Thy holy name. I will make known Thy wonderful works to the nations which know Thee not.

I will praise Thee and sing psalms to Thee; I will tell all Thy wonders.

I will glory in Thy holy name, and my heart shall rejoice, seeking to know Thee better, my Lord.

My search for Thee and Thy will shall strengthen my heart to serve Thee more faithfully.

I will recall the wonderful things Thou hast done, the infinite graces Thou hast given me, and the kind judgments of Thy mouth.

Let the seed of Abraham, who walked before Thee and was perfect, and the seed of Jacob, *i.e.*, those chosen by Thee to serve Thee more closely, let these listen to the words of my psalm.

Thou art the Lord my God, and Thy judgments have power over the whole earth.

Thou art ever mindful of the eternal covenant Thou hast made: the word Thou hast fixed for all time.

CONFITEMINI Domino et invocate nomen ejus: annuntiate inter gentes opera ejus.

Cantate ei, et psallite ei: narrate omnia mirabilia ejus.

Laudamini in nomine sancto ejus: lætetur cor quærentium Dominum.

Quærite Dominum et confirmamini: quærite faciem ejus semper.

Mementote mirabilium ejus, quæ fecit; prodigia ejus et judicia oris ejus.

Semen Abraham, servi ejus: filii Jacob, electi ejus.

Ipse Dominus Deus noster: in universa terra judicia ejus.

Memor fuit in sæculum testamenti sui: verbi, quod mandavit in millegenerationes:

Quod disposuit
ad Abraham : et
juramenti sui ad
Isaac.

Et statuit illud
Jacob in præcep-
tum ; et Israel
in testamentum
æternum :

Dicens, Tibi dabo
terram Chanaan :
funiculum hære-
ditatis vestræ.

Cum essent nu-
mero brevi : pau-
cissimi et incolæ
ejus.

Et pertransierunt
de gente in gen-
tem : et de regno
ad populum alte-
rum.

Non reliquit ho-
minem nocere eis :
et corripuit pro eis
reges.

Nolite tangere
christos meos : et
in prophetis meis
nolite malignari.

Et vocavit fa-
mem super terram :
et omne firma-
mentum panis
contrivit.

Misit ante eos
virum : in servum
venundatus est
Joseph.

Humiliaverunt in
compedibus pedes
ejus ; ferrum per-

Thou madest it with Abraham, and
didst swear the same to Isaac.

Thou didst repeat it to Jacob, and to
his children, for an everlasting testa-
ment :

Saying : "Unto thee will I give the
land of Chanaan to be thine inheritance
for ever ;" by Chanaan signifying that
land of delight which Thou hast pro-
mised to Thy faithful ones, that they
may inhabit it with Thee for ever in
heaven.

When the chosen people were but a
small tribe, and wandering in that land,

They passed from place to place, from
nation to nation, and had no fixed abode ;

Thou didst protect them from harm,
and didst sharply rebuke kings for their
sake,

Saying : "Touch not Mine anointed,
and molest not the prophets who speak
in My name."

Thou didst command famine to invest
the land, and didst withdraw the support
of bread.

But into Egypt Thou didst send a
man to prepare for Thy people, and
Joseph was sold into slavery.

Him they humiliated by putting his
feet in chains till the iron pierced his

very soul, and this till his word came from Thee.

Thy word, O Lord, gave him courage. The king sent and released him, and the prince of the people of Egypt set him free.

He made this slave lord of his house, and ruler of all he possessed.

He gave him such power that he had princes for his scholars, and old men learnt wisdom from him.

transiit animam
ejus : donec ve-
niret verbum ejus.

Eloquium Do-
mini inflammavit
eum ; misit rex et
solvit eum : prin-
ceps populorum
et dimisit eum.

Constituit eum
dominum domus
suæ, et principem
omnis possessio-
nis suæ.

Ut erudiret prin-
cipes ejus sicut
semetipsum : et
senes ejus pruden-
tiam doceret.

Division of Ps. 104 in Benedictine Breviary.

THEN all Israel come up into Egypt, and the family of Jacob became a sojourner in the land of Cham.

Thou gavest them increase in a wonderful manner, and madest them stronger than their enemies, the Egyptians.

Thou didst allow the hearts of the Egyptians to be filled with hatred of Thy chosen people, and didst let them deal deceitfully with the children of Israel.

Thou didst send Moses Thy servant, and Aaron the man whom Thou hadst chosen.

Thou gavest them power to show the signs Thou didst command, and to work wonders before the people.

Er intravit Israel
in Ægyptum : et
Jacob accola fuit
in terra Cham.

Et auxit popu-
lum suum vehe-
menter : et firma-
vit eum super ini-
micos ejus.

Convertit cor eo-
rum, ut odirent
populum ejus ; et
dolum facerent in
servos ejus.

Misit Moysen
servum suum ;
Aaron, quem ele-
git ipsum.

Posuit in eis ver-
ba signorum suo-
rum, et prodigi-
orum in terra
Cham.

Misit tenebras et
obscuravit : et non
exacerbavit ser-
mones suos.

Convertit aquas
eorum in san-
guinem : et occidit
pisces eorum.

Edidit terra eo-
rum ranas in
penetralibus re-
gum ipsorum.

Dixit, et venit
cœnomyia ; et
cinifes in omnibus
finibus eorum.

Posuit pluvias
eorum grandinem :
ignem comburen-
tem in terra ipso-
rum.

Et percussit vin-
eas eorum et ficul-
neas eorum : et
contrivit lignum
finium eorum.

Dixit, et venit
locusta et bruchus ;
cujus non erat
numerus.

Et comedit om-
ne fœnum in
terra eorum : et
comedit omnem
fructum terræ eo-
rum.

Et percussit om-
ne primogenitum
in terra eorum :
primitias omnis
laboris eorum.

Et eduxit eos
cum argento et
auro : et non erat
in tribubus eorum
infirmus.

Thou didst send darkness over the
land, and didst not let the rebellion of
the people hinder Thy designs.

Thou didst turn the waters of the
river into blood, so that all the fish
died.

Their land brought forth frogs, even
into the inner chambers of the king's
palace.

At Thy word came divers sorts of
flies, and gnats in all their borders.

And their rain became hail, and a
burning fire was in the land.

Their vineyards and fig-trees perished,
and all their trees were cast down.

At Thy words the locusts came, and
other pests without number.

They ate up all the grass and de-
voured all the fruit of the land.

Thou didst smite all the first-born,
and the first-fruits of their labour.

But Thy people Thou broughtest out
with silver and gold, and not a sickly
man in all their tribes.

Egypt rejoiced in their going out, and were in great fear of them.

Thou didst spread a cloud over Thy people to protect them, and a pillar of fire Thou didst set up to give light by night.

Thou didst answer their prayer, bringing quails, and didst fill them with bread from heaven.

Thou didst open the rock so that waters flowed out of it, and rivers ran through the desert.

For Thou wast mindful of Thy promise to Abraham.

Thou didst bring forth Thy people with joy, and Thy chosen ones with gladness.

Thou gavest them the lands of the Gentiles, and they grew rich on the labour of the people they conquered.

And all this that Thy servants might observe Thy precepts, and be careful to keep Thy law.

Confitemini Domino. Ps. 105.

I WILL give glory to Thee, O Lord, and confess Thy goodness, for Thy mercy endureth for ever.

Who shall be able to tell of all Thy wondrous works? Who shall set forth all that demands our praise?

Lætata est Ægyptus in perfectione eorum : quia incubuit timor eorum super eos.

Expandit nubem in protectionem eorum ; et ignem, ut luceret eis per noctem.

Petierunt et venit coturnix : et pane cæli saturavit eos.

Dirupit petram, et fluxerunt aquæ : abierunt in sicco flumina.

Quoniam memor fuit verbi sancti sui, quod habuit ad Abraham puerum suum.

Et eduxit populum suum in exultatione ; et electos suos in lætitia.

Et dedit illis regiones gentium : et labores populorum possederunt.

Ut custodiant justificationes ejus ; et legem ejus requirant.

CONFITEMINI Domino, quoniam bonus : quoniam in sæculum misericordia ejus.

Quis loquetur potentias Domini ; auditas faciet omnes laudes ejus ?

Beati qui custodiunt iudicium ; et faciunt justitiam in omni tempore.

Memento nostri Domine in beneplacito populi tui : visita nos in salutari tuo.

Ad videndum in bonitate electorum tuorum ; ad lætandum in lætitia gentis tue : ut lauderis cum hæreditate tua.

Peccavimus cum patribus nostris : injuste egimus, iniquitatem fecimus.

Patres nostri in Ægypto non intellexerunt mirabilia tua : non fuerunt memores multitudinis misericordie tuæ.

Et irritaverunt ascendentes in mare : mare rubrum.

Et salvavit eos propter nomen suum ; ut notam faceret potentiam suam.

Et increpuit mare rubrum, et exsiccatum est : et deduxit eos in abys-
sis sicut in deserto.

Et salvavit eos de manu odientium : et redemit eos de manu inimici

Bless me, O Lord, that I may keep close to justice, and that I may be always upright in my dealings.

Remember me, O my God, because I am of Thy people. Do Thou come to me and bring me safety.

Let me see Thy blessing upon Thy chosen ones, and may I rejoice in the joy of Thy Church that both Thou and Thine inheritance may be praised.

I am no better than those that have gone before me. I also am a sinner in Thy sight, for I have done much wrong in my life.

The Israelites did not understand the wonders Thou didst work in Egypt, and soon forgot Thy many mercies.

They murmured against Thee and provoked Thee when they came to the Red Sea,

Yet Thou didst save them for Thine own name's sake, that Thou mightest manifest Thy power.

Thou didst rebuke the Red Sea and it was dried up, and Thou didst lead them through the depths as through a wilderness.

Thou didst save them from those who hated them, and didst snatch Thy people from the hand of their enemies.

Thou didst drown the Egyptians who afflicted Thy chosen people, and not one of their army was left.

Then Thy people gave their faith to Thee and sang Thy praises, O Lord.

But they soon forgot Thy works, and they did not wait to know Thy designs.

They longed intensely for food in the desert, and put not their trust in Thee but tempted Thee.

And Thou didst grant their request and didst satisfy their desire completely.

Then they enraged Moses in the camp, and Aaron Thy holy one.

And the earth opened and swallowed up Dathan, and covered up the family of Abiron.

A fire was kindled among them, and the flame of it burned up the wicked.

They made a calf in Horeb, and fell down before it as an idol.

They took a calf that eateth grass, and worshipped it instead of Thee, the glorious God.

Et operuit aqua tribulantes eos : unus ex eis non remansit.

Et crediderunt verbis ejus : et laudaverunt laudem ejus.

Cito fecerunt, obliti sunt operum ejus : et non sustinuerunt consilium ejus.

Et concupierunt concupiscentiam in deserto : et tentaverunt Deum in iniquoso.

Et dedit eis petitionem ipsorum : et misit saturitatem in animas eorum.

Et irritaverunt Moysen in castris : Aaron sanctum Domini.

Aperta est terra et deglutivit Dathan ; et operuit super congregationem Abiron.

Et exarsit ignis in synagoga eorum : flamma combussit peccatores.

Et fecerunt vitulum in Horeb : et adoraverunt sculptile.

Et mutaverunt gloriam suam in similitudinem vituli comedentis fœnum.

Obliti sunt Deum, qui salvavit eos ; qui fecit magnalia in Ægypto, mirabilia in terra Cham, terribilia in mari rubro.

Et dixit, ut disperderet eos ; si non Moyses electus ejus stetisset in confractione in conspectu ejus :

Ut averteret iram ejus, ne disperderet eos : et pro nihilo habuerunt terram desiderabilem.

Non crediderunt verbo ejus ; et murmuraverunt in tabernaculis suis : non exaudierunt vocem Domini.

Et elevavit manum suam super eos ; ut prosterneret eos in deserto.

Et ut dejiceret semen eorum in nationibus ; et dispergeret eos in regionibus.

Et initiati sunt Beelphegor : et comederunt sacrificia mortuorum.

Et irritaverunt eum in adinventi-
onibus suis : et multiplicata est in eis ruina.

They forgot Thee, their God, who hadst saved them, who hadst done such great things in Egypt, wondrous works in the land of Cham, and such terrible things in the Red Sea.

And Thou didst purpose to destroy them, but Moses, Thy chosen one, stood before Thee in the breach,

To turn away Thy wrath lest Thou shouldst destroy them, for they despised the land Thou hadst promised them.

They put no faith in Thy word, and again murmured in their tents, and would not listen to Thee.

And Thou didst lift up Thy hand to annihilate them in the desert,

To cast down their children, and to scatter them among the Gentiles.

They also committed the abomination of becoming devotees of Beelphegor, and ate of the sacrifices to the dead.

They thus provoked Thee to anger, and Thou didst vex them with many plagues.

But Phineas appeased Thee, and the plague ceased.

This was a sign of his goodness, and so was he reputed for ever.

Et stetit Phinees
et placavit : et
cessavit quassatio.

Et reputatum est
ei in justitiam, in
generationem et
generationem us-
que in sempiter-
num.

Division of Ps. 105 in Benedictine Breviary.

THEY angered Thee also at the waters of contradiction, and Moses was punished because of them, for they provoked his spirit ;

His lips faltered, and he lost the entry into the Promised Land. They did not destroy the nations whom Thou didst command them to root out.

They mixed with the heathens and learned their ways. They served their idols, and it became a stumbling-block to them,

So that they even sacrificed their sons and daughters to devils.

They shed innocent blood, the blood of their sons and daughters, sacrificing it to the idols of Chanaan.

The whole land was rank with blood,

Et irritaverunt
eum ad aquas con-
tradictionis ; et
vexatus est Moy-
ses propter eos :
quia exacerbave-
runt spiritum ejus.

Et distinxit in
labiis suis : non
disperdiderunt
gentes, quas dixit
Dominus illis.

Et commixti sunt
inter gentes ; et
didicerunt opera
eorum, et servie-
runt sculptilibus
eorum : et factum
est illis in scan-
dalum.

Et immolaverunt
filios suos, et filias
suas dæmoniis.

Et effuderunt
sanguinem inno-
centem ; sangui-
nem filiorum suo-
rum et filiarum
suarum : quas
sacrificaverunt
sculptilibus Cha-
naan.

Et infecta est
terra in sanguini-
bus ; et contami-
nata est in operi-

bus eorum : et fornicati sunt in adinventionibus suis.

and defiled with their doings. They were faithless in their devices.

Et iratus est furore Dominus in populum suum : et abominatus est hæreditatem suam.

Thou, O Lord, wast exceedingly angry against Thy people, and Thine inheritance became an abomination to Thee.

Et tradidit eos in manus gentium : et dominati sunt eorum, qui oderunt eos.

Thou didst give them into the hands of the Gentiles, and they that hated them had rule over them.

Et tribulaverunt eos inimici eorum ; et humiliati sunt sub manibus eorum : sæpe liberavit eos.

Their enemies afflicted and humiliated them, making slaves of them.

Ipsi autem exacerbaverunt eum in consilio suo : et humiliati sunt in iniquitatibus suis.

But they held perversely to their purpose, and were humbled again for their iniquities.

Et vidit, cum tribularentur : et audivit orationem eorum.

But Thou, O God, didst look upon their affliction and didst hear their prayer.

Et memor fuit testamenti sui : et pœnituit eum secundum multitudinem misericordiæ suæ.

Thou wast mindful of Thy covenant, and didst relent according to Thine abundant mercies.

Et dedit eos in misericordias in conspectu omnium, qui ceperant eos.

Thou madest their captors to compassionate them.

Salvos nos fac Domine Deus noster : et congrega nos de nationibus.

Save us, O Lord our God, and gather us together from among the nations,

That we may give thanks unto Thy holy name, and may glory to give Thee praise.

Blessed be Thou, O Lord God of Israel, for ever and ever, and let all the people say: "So be it, so be it."

Confitemini Domino. Ps. 106.

I GIVE Thee thanks, O Lord, for Thou art good and Thy mercy endureth for ever.

Let all those whom Thou hast redeemed give Thee thanks.

From east and west, from north and south, let all thank Thee, O Lord.

Thy people were wandering in the desert where no place of refuge was to be found.

They were hungry and thirsty, for they were not faithful to Thee, and their soul fainted within them.

They cried to Thee in their trouble, and Thou, O Lord, didst deliver them from all their distress.

Thou didst lead them in a direct way to bring them to a city they might dwell in.

Ut confiteamur
nomini sancto
tuo: et gloriemur
in laude tua.

Benedictus Do-
minus Deus Israel
a sæculo et usque
in sæculum; et
dicet omnis po-
pulus, Fiat, fiat.

CONFITEMINI
Domino, quoniam
bonus: quoniam
in sæculum mise-
ricordia ejus.

Dicant, qui re-
dempti sunt a Do-
mino; quos re-
demit de manu
inimici: et de re-
gionibus congre-
gavit eos.

A solis ortu et
occasu: ab Aquilone et mari.

Erraverunt in
solitudine in ina-
quoso: viam civi-
tatis habitaculi
non invenerunt.

Esurientes et siti-
entes; anima eo-
rum in ipsis de-
fecit.

Et clamaverunt
ad Dominum, cum
tribularentur; et
de necessitatibus
eorum eripuit eos.

Et deduxit eos in
viam rectam; ut
irent in civitatem
habitationis.

Confiteantur Domino misericordiae ejus ; et mirabilia ejus filiis hominum.

Quia satiavit animam inanem : et animam esurientem satiavit bonis.

Sedentes in tenebris et umbra mortis : vinctos in mendicitate et ferro.

Quia exacerbarunt eloquia Dei : et consilium Altissimi irritaverunt.

Et humiliatum est in laboribus cor eorum : infirmati sunt, nec fuit qui adjuvaret.

Et clamaverunt ad Dominum, cum tribularentur, et de necessitatibus eorum liberavit eos.

Et eduxit eos de tenebris et umbra mortis : et vincula eorum dirupit.

Confiteantur Domino misericordiae ejus ; et mirabilia ejus filiis hominum.

Quia contrivit portas aereas : et vectes ferreos confregit.

Suscepit eos de via iniquitatis eo-

Let Thy mercies bring Thee glory, O Lord, and may the consideration of Thy wonderful works bring Thy praises to my lips.

For Thou, my good God, hast satisfied my empty soul, and filled my hungry soul with all good.

There were others who were in darkness and who were threatened daily with death. They were straitened with want and bound with iron chains,

Because they had set their hearts against Thy commands and made void Thy purpose, though Thou art the Most High.

Thou didst humble their proud hearts with many labours. They were depressed, and there was no hope left in them, for there was none to help them.

Then they cried to Thee, O Lord, in their distress, and Thou didst free them from all their troubles.

Thou didst bring them out of the darkness and the shadow of death, and didst break their bonds asunder.

Thy mercies shall give Thee glory— Thy wonderful kindness to the sons of men.

Thou hast broken the brazen gates of their prison, and burst its bars of iron.

Thou hast taken them from their evil

ways, for because of their iniquities they were humbled.

They relished not their food, and were getting near to death.

They cried to Thee, O Lord, in their affliction, and Thou didst again deliver them from their distresses.

Thou didst heal them with the word of Thy mouth, and didst snatch them from destruction.

May Thy mercies give glory to Thee, O Lord, and Thy wonderful works to the children of men.

May they offer Thee the sacrifice of praise, and make known Thy works with joy.

They, too, who go down to the sea in ships, and do business on the great waters;

They have seen Thy works, O Lord, and Thy wonders in the deep.

Division of Ps. 106 in Benedictine Breviary.

HOW at Thy word the storm arose, and the waves rose on high.

How they mount up to heaven and

rum : propter in-
justitias enim suas
humiliati sunt.

Omnem escam
abominata est ani-
ma eorum : et
appropinquave-
runt usque ad
portas mortis.

Et clamaverunt
ad Dominum cum
tribularentur : et
de necessitatibus
eorum liberavit
eos.

Misit verbum su-
um, et sanavit eos :
et eripuit eos de
interitionibus eo-
rum.

Confiteantur Do-
mino misericordiæ
ejus : et mirabilia
ejus filiis homi-
num.

Et sacrificent sa-
crificium laudis : et
annuntient opera
ejus in exultatione.

Qui descendunt
mare in navibus ;
facientes operatio-
nem in aquis mul-
tis.

Ipsi viderunt
opera Domini, et
mirabilia ejus in
profundo.

DIXIT, et stetit
spiritus procellæ :
et exaltati sunt
fluctus ejus.

Ascendunt usque
ad cœlos, et de-

scendunt usque ad
abyssos : anima
eorum in malis
tabescebat.

Turbati sunt et
moti sunt sicut
ebrius : et omnis
sapientia eorum
devorata est.

Et clamaverunt
ad Dominum, cum
tribularentur ; et
de necessitatibus
eorum eduxit eos.

Et statuit pro-
cellam ejus in
auram : et silue-
runt fluctus ejus.

Et lætati sunt,
quia siluerunt : et
deduxit eos in
portum voluntatis
eorum.

Confiteantur Do-
mino misericordie
ejus ; et mirabilia
ejus filiis homi-
num.

Et exaltent eum
in ecclesia plebis :
et in cathedra se-
niorum laudent
eum.

Posuit flumina in
desertum ; et ex-
itus aquarum in
sitim :

Terram fructife-
ram in salsuginem : a malitia in-
habitantium in ea.

Posuit desertum
in stagna aqua-
rum : et terram
sine aqua in ex-
itus aquarum.

go down to the depths, and their heart
melted away with the fear of disaster.

They were troubled and reeled like
drunken men ; their cunning and skill
were of no avail.

They cried unto Thee, O Lord, in
their affliction, and Thou didst bring
them out of their distress.

Thou didst turn the hurricane into a
gentle breeze, and the waves were still.

They rejoiced at the stilling of the
storm, and went with joy into the
harbour they sought.

May Thy mercies give Thee glory, O
Lord, and all Thy wonderful works to
the sons of men.

Let them rejoice before Thee in the
Church of Thy people, and praise Thee
with all wisdom.

Thou hast shown Thy power, turning
rivers into a wilderness, and the springs
of water into dry ground ;

A fertile land into a desert, because
of the wickedness of the inhabitants.

And again, Thou hast changed a
wilderness into pools of water, and a
dry land into springs of water.

There the hungry found a home and
a city to dwell in.

They sowed fields and planted vine-
yards and increased their flocks.

Thy blessing gave them exceeding
increase, and there were no losses among
the cattle.

Then again, they dwindled into a
small tribe, and were sorely afflicted by
reason of the evil and sorrow that came
upon them.

Their princes were defied and held
in contempt, and the people wandered
without any guidance.

Thou, Lord, didst assist the poor in
spite of their poverty, and gave them
families like a flock of sheep.

The just shall see Thy works and
rejoice in Thy goodness, and evil, itself,
shall close its mouth.

The wise man is he who will take
note of all these things, and try to
understand and appreciate Thy mercies,
O Lord.

*The 107th Psalm is made up of the
second part of Ps. 56, verses 8-12, and
part of Ps. 59, verses 7-14.*

Deus, laudem meam. Ps. 108.

DO not Thou, my God, be silent in
upholding me, for the wicked and
the deceitful have opened their mouths
against me.

Et collocavit illic
esurientes : et con-
stituerunt civita-
tem habitationis.

Et seminaverunt
agros, et planta-
verunt vineas ; et
fecerunt fructum
nativitatis.

Et benedixit eis,
et multiplicati
sunt nimis : et
jumenta eorum
non minoravit.

Et pauci facti
sunt : et vexati
sunt a tribulatione
malorum et dolore.

Effusa est con-
temptio super
principes : et
errare fecit eos in
invio et non in via.

Et adjuvit pau-
perem de inopia :
et posuit sicut oves
familias.

Videbunt recti et
lætabuntur : et
omnis iniquitas
oppilabit os suum.

Quis sapiens et
custodiet hæc ; et
intelliget miseri-
cordias Domini ?

**DEUS, laudem
meam ne tacueris ;
quia os peccatoris
et os dolosi super
me apertum est.**

Locuti sunt adversum me lingua dolosa, et sermonibus odii circumderunt me : et expugnaverunt me gratis.

Pro eo, ut me diligenter detrahebant mihi : ego autem orabam.

Et posuerunt adversum me mala pro bonis : et odium pro dilectione mea.

Constituere super eum peccatorem : et diabolus stet a dextris ejus.

Cum judicatur, exeat condemnatus : et oratio ejus fiat in peccatum.

Fiant dies ejus pauci ; et episcopatum ejus accipiat alter.

Fiant filii ejus orphani : et uxor ejus vidua.

Nutantes transferantur filii ejus et mendicent : et ejiciantur de habitationibus suis.

Scrutetur foenerator omnem substantiam ejus : et diripiant alieni labores ejus.

Non sit illi adiutor : nec sit qui misereatur pupillis ejus.

They have not spoken the truth against me. They have encompassed me with hatred, and have been in opposition to me whilst I gave them no cause.

Instead of the love they ought to give me they oppose me, and I have come to Thee in prayer.

They have repaid me evil for the good I have done them, and hatred for my love.

Set Thou a sinner over him, and let the devil stand at his right hand to accuse him.

When the sentence is passed upon him let it be a condemnation, and if he ask pardon may it be reputed to him as a greater fault.

Let his life be cut short, and let his office be taken by another.

Let his children be orphans and his wife a widow.

Let his children be vagabonds and beg, and let them have no place they can call their home.

Let the money-lender take all his substance, and strangers seize the fruit of his labour.

Let there be none to help him, and none to take pity on his orphans.

Let his posterity be cut off, and his name be blotted out in one generation.

May the iniquity of his fathers be remembered when he stands before Thee, and let not his mother's sin be forgotten.

May these former iniquities be continually before Thee, but their memory, *i.e.*, his father and mother, perish from the earth, for he did not remember to show mercy.

He persecuted the poor man, and the beggar and the broken-hearted he strove to do to death.

He loved cursing ; may it come upon him. He did not use blessing ; may it be far from him.

He put on cursing as a garment, and drank it like water. It entered into him, and as oil it got into his very bones.

Let cursing be to him a cloak in which he wraps himself, and like a girdle he bindeth round him.

Let these things be the retribution of all who stand against Thee, O Lord,

Fiant nati ejus in interitum : in generatione una deleatur nomen ejus.

In memoriam redeat iniquitas patrum ejus in conspectu Domini : et peccatum matris ejus non deleatur.

Fiant contra Dominum semper : et dispareat de terra memoria eorum : pro eo quod non est recordatus facere misericordiam.

Et persecutus est hominem inopem et mendicum : et compunctum corde mortificare.

Et dilexit maledictionem, et venit ei : et noluit benedictionem, et elongabitur ab eo.

Et induit maledictionem sicut vestimentum : et intravit sicut aqua in interiora ejus : et sicut oleum in ossibus ejus.

Fiat ei sicut vestimentum, quo opricitur ; et sicut zona, qua semper præcingitur.

Hoc opus eorum, qui detrahunt mihi apud Dominum ; et qui lo-

quantur mala ad-
versus animam
meam.

Et tu Domine,
Domine fac me-
cum propter no-
men tuum; quia
suavis est miseri-
cordia tua.

Libera me, quia
egenus et pauper
ego sum; et cor
meum conturba-
tum est intra me.

Sicut umbra, cum
declinat, ablatum
sum: et excussus
sum sicut locustæ.

Genua mea in-
firmata sunt a
jejunio: et caro
mea immutata est
propter oleum.

Et ego factus sum
opprobrium illis:
viderunt me, et
moverunt capita
sua.

Adjuva me Do-
mine Deus meus:
salvum me fac se-
cundum miseri-
cordiam tuam.

Et sciant, quia
manus tua hæc;
et tu Domine fe-
cisti eam.

Maledicent illi,
et tu benedices;
qui insurgunt in
me, confundantur:
servus autem tuus
lætabitur.

Induantur, qui
detrahunt mihi,
pudore; et operi-

and of those who speak evil against my
soul.

But do Thou, O Lord, act towards me
with kindness for Thy name's sake,
because Thy mercy is sweet.

Deliver me for I am needy and poor,
and my heart is troubled.

I am no better than a shadow when
it grows long; and I am so worthless
that I am shaken off like a locust.

My knees are weakened with fasting,
and my body has lost its freshness, for
I had no oil.

I was a reproach to all who saw me.
They shook their heads at me.

Help me, O Lord my God, and save
me for Thy mercy's sake.

Let all know that it is Thy hand, and
that Thou, O Lord, hast done it.

They may curse, but Thou wilt bless.
Let them that oppose me be confounded,
but let Thy servant have great joy.

Let my opponents be put to shame;

let them be covered with disgrace as with a mantle.

I will give great thanks to Thee, my Lord, and in the midst of many I will praise Thee.

For Thou hast stood at my right hand, because I am poor, to save my soul from them that persecute me.

Dixit Dominus. Ps. 109.

O Lord, Thou didst say to my soul, designed by Thee to be the lord over my whole being: "Sit at My right hand," *i.e.*, "Be constant in good,"

"And I will make thine enemy (the flesh and the evil one) subject to thee."

Thou, my Lord, wilt help my soul with power from heaven, and Thy grace will enable me to rule in the midst of mine enemies, my rebellious passions.

Thou hast given to my soul the power of ruling the passions; and I see in the lives of the saints that by Thy grace, and with much effort, they overcame themselves. In the beginning when Thou didst create man, Thou didst make his whole nature subject to the will of his soul.

Thus, by Thy design, O Lord, as by an oath my soul became a priest for ever to offer the worship of praise for the whole creature in the silent worship of prayer, as Thou didst choose Melchisedech to offer a clean sacrifice for the whole human race.

antur sicut diploide confusione sua.

Confitebor Domino nimis in ore meo : et in medio multorum laudabo eum.

Quia astitit a dextris pauperis ; ut salvam faceret a persequentibus animam meam.

DIXIT Dominus Domino meo : Sede a dextris meis :

Donec ponam inimicos tuos, scabellum pedum tuorum.

Virgam virtutis tuæ emittet Dominus ex Sion, dominare in medio inimicorum tuorum.

Tecum principium in die virtutis tuæ, in splendoribus Sanctorum : ex utero ante luciferum genui te.

Juravit Dominus, et non pœnitebit eum : Tu es Sacerdos in æternum secundum ordinem Melchisedech.

Dominus a dextris tuis confregit in die iræ suæ reges.

Judicabit in nationibus, implebit ruinas : conquassabit capita in terra multorum.

De torrente in via bibet : propterea exaltabit caput.

Thou, my God, at my right hand, hast by Thy grace overcome many strong natures and reduced them to the obedience of the faith and of the religious vows. So also Thou art willing to act in me.

Give me then clear sight to judge the right, and power to repair the ruin caused by sin ; and crush the risings of rebellion in my body.

Thou hast given me to drink of the torrent which flowed from the wounded side of my Lord Thy Son on the Cross. For the rock was Christ from whom came the living water of the Blessed Sacrament. In the strength of Holy Communion my soul shall walk erect even to the mountain of religious perfection.

Confitebor tibi, Domine. Ps. 110.

CONFITEBOR tibi Domine in toto corde meo, in consilio justorum et congregatione.

Magna opera Domini ; exquisita in omnes voluntates ejus.

Confessio et magnificentia opus ejus : et justitia

I WILL praise Thee, O Lord, with my whole heart, and this more especially in choir where I am a poor sinner in the midst of many more worthy than I.

I will remember Thy goodness and mercy to me, my God, for my love and worship of Thee is truly Thy work in my soul. Thou hast sought out my soul and protected it with such loving care.

Thy will in my regard is, that I should praise and glorify Thy great work in the souls of men Thou wishest to share with me now, and to allow me to enjoy with

Thee for ever in heaven the fruit of Thy own sanctity.

Thy most wonderful work for me, for which I will never cease to thank Thee, is, that Thou hast called me, a poor sinner, to serve Thee. Thou art very merciful and gracious, my own good God. Thou wilt support me if I fear to offend Thee.

Thou wilt not forget Thy promises to me however much I may forget. Thou wilt show me plainly Thine influence in the world and in the souls of men, if I completely submit myself to Thee and become one of Thy people.

Thou wilt enable me to further Thy work among sinners by means of the union I shall enjoy with Thee, and by my total subjection to Thy will. Help me, my God, to grow in Thy truth, and in Thy gentle judgment of others.

How faithful Thou hast been to me in the past ! O my God, confirm me in Thy grace for ever.

I will never cease to thank Thee, Lord, for the redemption Thou hast granted me, and for Thy promise which will be fulfilled in me if I am faithful.

I will fear to offend Thee, and be careful always in Thy service, for this is wisdom.

Grant me a clear understanding, such as comes to the faithful doer of Thy will ; and may I be allowed to praise Thee for ever and ever.

ejus manet in sæculum sæculi.

Memoriam fecit mirabilium suorum : misericors et miserator Dominus : escam dedit timentibus se.

Memor erit in sæculum testamenti sui : virtutem operum suorum annuntiabit populo suo.

Ut det illis hæreditatem gentium : opera manuum ejus veritas et judicium.

Fidelia omnia mandata ejus : confirmata in sæculum sæculi : facta in veritate et æquitate.

Redemptionem misit populo suo : mandavit in æternum testamentum suum.

Sanctum et terribile nomen ejus : initium sapientiæ timor Domini.

Intellectus bonus omnibus facientibus eum : laudatio ejus manet in sæculum sæculi.

Beatus vir. Ps. 111.

BEATUS vir, qui
timet Dominum :
in mandatis ejus
volet nimis.

Potens in terra
erit semen ejus :
generatio recto-
rum benedicetur.

Gloria et divitiæ
in domo ejus : et
justitia ejus manet
in seculum seculi.

Exortum est in
tenebris lumen
rectis : misericors
et miserator et
justus.

Jucundus homo,
qui miseretur et
commodat ; dis-
ponet sermones
suos in judicio :
quia in æternum
non commovebi-
tur.

In memoria æter-
na erit justus : ab
auditione mala
non timebit.

Paratum cor ejus
sperare in Do-
mino ; confirma-
tum est cor ejus :
non commovebi-
tur, donec despici-
at inimicos suos.

Dispersit, dedit
pauperibus ; justi-

O MY good God, grant that my soul
may truly and reverently fear Thee.
Let me speedily learn to be happy in
'Thy service.

May the prayers I offer to Thee bear
fruit at once, and may my work be
blessed by 'Thee.

If I am faithful, glory in 'Thy sight
shall be mine, and the riches which are
found only in 'Thy house, and in the
soul where 'Thou dwellest. O may 'Thy
justice be found in me for ever.

I walk in a new light, for I now see
how merciful and compassionate 'Thou
art to allow me to work for 'Thee, and
how just 'Thou art in 'Thine apprecia-
tion of what I am able to do for 'Thee.

Grant, O my Lord, that I may begin
steadily to imitate Thee in 'Thy merciful
ways, and to use for others the treasures
I have obtained from 'Thee. With 'Thy
help I will begin to judge kindly, and
therefore more justly than hitherto ;
thus my words will be of more value,
and more lasting in their effect.

I will disregard any evil that comes
to my hearing, for my heart will live
always in the hope that 'Thy grace will
prevail.

My heart is ready, O Lord, to put my
trust in 'Thee. My affection is firmly
fixed in 'Thee. I shall not be turned
aside till all my trial has passed away.

I will willingly distribute my riches
to those who are poorer than myself

that my perfection may become solid and lasting, and in 'Thine own good time my store of merit may be taken up to heaven.

The wicked man who does not fear Thee, my God, and who thinks only of himself, shall recognise the failure of his life. He shall be angry and become of no account before Thee, for his desires, not being fixed on Thee, can have no permanence, but will perish both here and in the next life.

*tia ejus manet in
sæculum sæculi:
cornu ejus exal-
tabitur in gloria.*

*Peccator videbit
et irascetur; den-
tibus suis fremet
et tabescet: de-
siderium peccato-
rum peribit.*

Laudate Pueri. Ps. 112.

I WILL praise Thee, O Lord, for I am Thy child. Praised be Thy holy Name for ever.

I will praise Thee, my Father, and glorify Thy holy Name. My praise shall be everlasting, begun now, but continued for all eternity.

All the day through I will be ready to sing Thy praises, for Thou art worthy of all praise.

I will glorify Thee, my Lord, for Thou art more to me than all the nations of the world; and more than all the beauty of the stars.

There is none like unto Thee, my Lord God, who dwellest on high. Make me humble of heart, for Thou regardest the lowly in heaven and on earth.

Thou wilt raise me from the earth and all its affections if I but trust in Thee, and Thou wilt cleanse me from all my sins, however defiling they have been.

*LAUDATE, pueri,
Dominum : lau-
date nomen Domi-
ni.*

*Sit nomen Do-
mini benedictum;
ex hoc nunc, et
usque in sæculum.*

*A solis ortu us-
que ad occasum,
laudabile nomen
Domini.*

*Excelsus super
omnes gentes Do-
minus; et super
cœlos gloria ejus.*

*Quis sicut Do-
minus Deus nos-
ter, qui in altis
habitat, et humilia
respicit in cœlo et
in terra?*

*Suscitans a terra
inopem : et de
stercore erigens
pauperem :*

Ut colloket eum
cum principibus,
cum principibus
populi sui.

Qui habitare facit
sterilem in domo,
matrem filiorum
lætantem.

IN exitu Israel de
Ægypto : domus
Jacob de populo
barbaro.

Facta est Judæa
sanctificatio ejus:
Israel potestas
ejus.

Mare vidit et fu-
git : Jordanis con-
versus est retror-
sum.

Montes exulta-
verunt ut arietes ;
et colles, sicut agni
ovium.

Quid est tibi ma-
re, quod fugisti ?
et tu Jordanis,
quia conversus es
retrorsum ?

Montes exultas-
tis sicut arietes ;
et colles, sicut
agni ovium.

A facie Domini
mota est terra : a
facie Dei Jacob.

Qui convertit pe-
tram in stagna

O make me worthy to stand with
'Thy princes, *i.e.*, 'Thy saints, and allow
me to join with them in praising Thee
here and hereafter in the heaven of Thy
glory.

Let me be no longer barren in Thy
service, my good God, but make me
to live peacefully in 'Thy house that I
may become fruitful in good works done
cheerfully for Thee.

IN exitu Israel. Ps. 113.

WHEN Israel came out of Egypt,
the house of Jacob from among
a strange people,

By 'Thy kindness, O Lord, 'Thy chosen
people became 'Thy sanctuary, and Israel,
by the deliverance 'Thou hadst given
them, became 'Thy possession.

The sea acknowledged 'Thy power, and
fled before Thee, and the river Jordan
ceased to flow.

The mountains were shaken as if they
skipped like rams, and the little hills
like the lambs of the flock.

What was it, thou sea, that made
thee fly before them, and thou Jordan,
that thou didst cease to flow ?

The mountains were shaken as if they
skipped like rams, and the little hills
like the lambs of the flock.

It was at 'Thy presence, O Lord, the
earth was moved : at 'Thy presence, O
'Thou God of Jacob.

For 'Thou didst turn the rock into a

pool of water, and the hills of stone into a flowing stream.

Not unto us, O Lord, not unto us, but to Thy holy Name be all praise and glory given.

Let glory be given to Thee for Thy mercy to me, and because of Thy faithfulness in Thy dealings with men. If glory is not given to Thee, those who know Thee not will say to us : "Where is your God?"

I know that Thou art in heaven, and that Thou hast most careful providence of me, and that Thou dost according to Thy holy will.

The idols of earth are at best but silver and gold, and the work of the hands of men.

They have mouths, and speak not ; eyes, and see not.

They have ears, and hear not ; noses, and they smell not.

They have hands, and they feel not ; they have feet, and walk not ; they can make no sound through their throat.

May they who make them become like to them, and all who put any trust in them.

The house of Israel has hoped in Thee, O Lord ; Thou art their helper and protector.

aquarum, et rupem in fontes aquarum.

Non nobis Domine, non nobis ; sed nomini tuo da gloriam.

Super misericordia tua et veritate tua : nequando dicant gentes, Ubi est Deus eorum?

Deus autem noster in cœlo : omnia quæcumque voluit, fecit.

Simulacra gentium argentum et aurum : opera manuum hominum.

Os habent et non loquuntur ; oculos habent et non videbunt.

Aures habent, et non audient : nares habent, et non odorabunt.

Manus habent, et non palpabunt ; pedes habent et non ambulabunt : non clamabunt in gutture suo.

Similes illis fiant, qui faciunt ea : et omnes, qui confidunt in eis.

Domus Israel speravit in Domino : adjutor eorum et protector eorum est.

Domus Aaron
speravit in Domi-
no : adjutor eo-
rum et protector
eorum est.

Qui timent Do-
minum, sperave-
runt in Domino :
adjutor eorum et
protector eorum
est.

Dominus memor
fuit nostri : et
benedixit nobis.

Benedixit domui
Israel, benedixit
domui Aaron.

Benedixit omni-
bus, qui timent
Dominum : pusil-
lis cum majoribus.

Adjiciat Domi-
nus super vos :
super vos et super
filios vestros.

Benedicti vos a
Domino, qui fecit
cælum et terram.

Cælum cæli Do-
mino ; terram au-
tem dedit filiis
hominum.

Non mortui lau-
dabunt te Domi-
ne ; neque omnes,
qui descendunt in
infernum.

Sed nos, qui vi-
vimus, benedici-
mus Domino : ex
hoc nunc et usque
in sæculum.

The house of Aaron has hoped in
Thee, O Lord ; Thou art their helper
and protector.

They who fear Thee have hoped in
Thee ; Thou art their helper and pro-
tector.

Thou, my Lord, hast been mindful of
me and hast blessed me.

Thou hast blessed the house of Israel
and the house of Aaron.

Thou hast blessed all that fear Thee,
whether small or great.

O add still more blessings to all who
fear Thee, and continue Thy blessings
from generation to generation.

May all be blessed by Thee, O Lord,
who made both heaven and earth,
and canst give blessings for time and
eternity.

The highest heaven is Thine, but the
earth Thou hast given to the children
of men.

Keep me in the life of grace, for they
who are dead in sin cannot praise Thee ;
nor shall they who go down into hell
give glory to Thee.

But by Thy grace I will bless Thee,
O Lord, from this time forth and for
evermore.

Dilexi. Ps. 114.

I HAVE loved Thee, O Lord, for when
I turned to Thee in prayer Thou
didst hear me.

Thou hast so graciously bent down
Thine ear to listen to me and give me
confidence, I will continue to call upon
Thee all my life.

When I have been in deep sorrow
because of grievous temptation that
came upon me, which seemed to threaten
me with the death of my soul; and
when I have been so desolate that hell
itself seemed open before me,

I was in great trouble and sorrow.
Then I called upon Thee, my Lord, and
I said to Thee :

“O my Lord, do Thou deliver my
soul.” Thou art merciful and just.
Thou, my good God, wilt not be too
exacting. Thou art divine in Thy
mercy.

Thou art the guardian and protector
of little ones. Truly I am a little one,
for I have been humbled to the dust,
and Thou didst deliver me.

My soul shall turn to Thee, my only
rest. In Thy exceeding bounty it shall
find its one repose.

Thou hast delivered my soul from
death now that the temptation has
passed away. Thou hast saved me from
bitter tears, and kept my feet from
falling into sin.

I will walk joyfully in Thy presence,
O Lord, in the land of the living, *i.e.*,
in a vigorous and devout religious life.

DILEXI, quoniam
exaudiet Dominus
vocem orationis
meae :

Quia inclinavit
aurem suam mihi :
et in diebus meis
invocabo.

Circumdederunt
me dolores mor-
tis : et pericula in-
ferni invenerunt
me.

Tribulationem et
dolorem inveni :
et nomen Domini
invocavi.

O Domine libera
animam meam ;
misericors Domi-
nus et justus : et
Deus noster mise-
retur.

Custodiens par-
vulos Dominus :
humiliatus sum, et
liberavit me.

Convertere ani-
ma mea in requi-
em tuam ; quia
Dominus benefecit
tibi.

Quia eripuit ani-
mam meam de
morte ; oculos me-
os a lacrymis : pe-
des meos a lapsu.

Placebo Domino
in regione vivo-
rum.

Credidi. Ps. 115.

CREDIDI, propter
quod locutus sum :
ego autem humili-
atus sum nimis.

Ego dixi in ex-
cessu meo : Omnis
homo mendax.

Quid retribuam
Domino pro om-
nibus, quæ retri-
buit mihi ?

Calicem salutaris
accipiam : et no-
men Domini in-
vocabo.

Vota mea Domi-
no reddam coram
omni populo ejus :
pretiosa in con-
spectu Domini
mors sanctorum
ejus.

O Domine quia
ego servus tuus :
ego servus tuus,
et filius ancillæ
tuæ.

Dirupisti vincula
mea ; tibi sacrifi-
cabo hostiam lau-
dis : et nomen Do-
mini invocabo.

Vota mea Domi-
no reddam in con-
spectu omnis po-
puli ejus : in atriis
domus Domini, in
medio tui Jerusa-
lem.

GRANT, O Lord, that, strong in my
faith, I may be bold also in my de-
fence of it, and yet ever keep the
humility which Thou lovest.

I have at times made exaggerated
and hard judgments of my neighbour,
forgetting Thy wonderful forbearance
with me.

O what shall I render unto Thee, my
good God, for all Thou hast done for
me ?

I will take the chalice Thy Son offers
me. I will unite myself with His
sacrifice to Thee, and I will beseech
Thy mercy in His holy name.

I will offer Thee, O Lord, the vows
Thou hast allowed me to take, and by
Thy grace I will keep them most strictly,
so that, united with Thy saints, my
death may be precious in Thy sight.

For I wish to be Thy servant, Thy
faithful servant and the child of Thy
handmaid, the Mother of Thy Son.

Thou, my God, hast released me
many times from my sins, and with
Thy help I am firmly resolved not to
return to them. I will offer Thee the
sacrifice of praise, and ever call upon
Thy holy name.

Thus shall I keep my vows before
Thee and before the whole world in the
courts of Thy house, O Lord, *i.e.*, in the
home of my religious life and in the
inner sanctuary of Thy Church.

Laudate Dominum. Ps. 116.

I WILL praise Thee, O Lord, in union with all Thy friends of all nations and of all ages.

I will praise Thee for Thine infinite mercy in allowing me to join those who love and serve Thee. For Thou hast taken me without any merit of mine, and put me in a place of safety amongst Thy chosen ones. I will rely always on Thy truth by which Thou hast promised to be faithful to me as long as I am faithful to Thee. Have mercy on me, O God, and give me grace to be true to Thee.

Confitemini Domino. Ps. 117.

MY principal work in choir is to praise Thee, my God, for all Thy goodness, and especially for Thy great and constant mercy to me.

I will with Israel Thy chosen people perform this duty for Thee loyally and generously during my life.

I will also join with Thy priests who offer daily the sacrifice of praise, and with them I will invoke Thy mercy.

In all reverence I will do my work in choir. Thou, my God, art very merciful, but Thou wilt not give me all that Thou art ready to bestow unless I am reverent in Thy service.

The sadness through which I have passed, because of my sins, shall always remind me that I owe all my joy to Thee, my God. Thou hast indeed

LAUDATE Dominum, omnes gentes : laudate eum, omnes populi :

Quoniam confirmata est super nos misericordia ejus : et veritas Domini manet in æternum.

CONFITEMINI Domino, quoniam bonus : quoniam in sæculum misericordia ejus.

Dicat nunc Israel, quoniam bonus : quoniam in sæculum misericordia ejus.

Dicat nunc domus Aaron : quoniam in sæculum misericordia ejus.

Dicant nunc qui timent Dominum : quoniam in sæculum misericordia ejus.

De tribulatione invocavi Dominum : et exaudivit

me in latitudine
Dominus.

Dominus mihi
adjutor : non time-
bo, quid faciat
mihi homo.

Dominus mihi
adjutor : et ego
despiciam inimi-
cos meos.

Bonum est con-
fidere in Domino,
quam confidere in
homine.

Bonum est sper-
are in Domino,
quam sperare in
principibus.

Omnes gentes
circuierunt me :
et in nomine Do-
mini, quia ultus
sum in eos.

Circumdantes
circumdederunt
me : et in nomine
Domini, quia ul-
tus sum in eos.

Circumdederunt
me sicut apes ; et
exarserunt sicut
ignis in spinis : et
in nomine Do-

heard me and blessed me beyond all
my deserts. Thou hast placed me in
the free air of religious life where I may
draw my breath without fear.

Thou art my helpmate, the companion
of my life, and I will trust Thee. Why
should I fear what man can do against
me ?

Thou, Lord, art my helpmate ; on Thee
will I rely, and keep myself in peace
though all the host of evil spirits should
rise up against me to disturb me. What
can they do whilst Thou art with me ?

I will be careful not to put my trust
in anyone but Thee, my Lord. I can-
not rely on myself, but I will throw
myself with confidence on Thee and not
on man.

I will not let my hope rest on anyone
save only Thee, my God. No matter
how holy another may seem to me, all
that is of worth in his sanctity is from
Thee, and I shall be safer if I put my
trust in Thee.

Whatsoever troubles come upon me I
will trust in Thee, O my God. Thou
wilt surely see that I am not overcome.

Even if temptation shall give me no
rest, I will turn in trust to Thee, O
God. Thou wilt not allow me to be
tempted beyond the strength which
humble reliance on Thy grace will bring
to me.

If evil thoughts swarm about me like
bees, and if they should torment me
till I am all on fire, I beg of Thee, Lord,
not to allow me to turn to any solace

but to Thee ; Thou wilt deliver me and console me if I only trust Thee.

Even though I be on the point of falling, do 'Thou still support me.

Thou only, O Lord, art my strength, and Thou hast already purchased my safety. Let me not by my own fault lose all that Thou hast bought for me at so great a price.

For 'Thou hast wrought the salvation of the whole world, but those only who work justice shall profit fully by 'Thy goodness. Grant me to dwell in the tabernacles of those who love the perfection which Thou justly demandest from all the souls Thou hast made.

Take me in Thy right hand, O my God, and raise my soul to 'Thee.

In 'Thy strength I shall be saved from death, and my soul living with Thy life shall praise 'Thee, and show to others the goodness Thou hast shown to me.

I have felt Thy anger in the past when Thou didst allow me to sink into sadness ; but Thou wast merciful and didst not let me die wholly to Thee.

Open for me, O Lord, the gate of Thy justice, and lead me to the path of perfection, that with Thy just ones I may advance according to Thy will.

I will not fail, O Lord, to give all the glory to Thee, for without Thee I am able to do nothing.

I will give all thanks to Thee, for

mini, quia ultus sum in eos.

Impulsus eversus sum, ut caderem : et Dominus suscepit me.

Fortitudo mea et laus mea Dominus : et factus est mihi in salutem.

Vox exultationis et salutis in tabernaculis justorum.

Dextera Domini fecit virtutem ; dextera Domini exaltavit me : dextera Domini fecit virtutem.

Non moriar, sed vivam : et narrabo opera Domini.

Castigans castigavit me Dominus : et morti non tradidit me.

Aperite mihi portas justitiæ ; ingressus in eas confitebor Domino :

hæc porta Domini, justi intrabunt in eam.

Confitebor tibi, quoniam exaudisti

me : et factus es
mihi in salutem.

Lapidem, quem
reprobaverunt
ædificantes : hic
factus est in caput
anguli.

A Domino fac-
tum est istud : et
est mirabile in
oculis nostris.

Hæc est dies,
quam fecit Do-
minus : exultemus
et lætemur in ea.

O Domine sal-
vum me fac : O
Domine bene pro-
sperare : benedic-
tus, qui venit in
nomine Domini.

Benediximus vo-
bis de domo Do-
mini : Deus Do-
minus, et illuxit
nobis.

Constituite diem
solemnem in con-
densis, usque ad
cornu altaris.

Deus meus es tu,
et confitebor tibi :
Deus meus es tu,
et exaltabo te.

Thou hast heard my cry, and hast
become my salvation.

Thy Beloved Son was ever rejected by
men during His life upon earth, but in
Thy power He triumphed over all His
enemies on the Cross, and according to
Thy will founded Thy kingdom on earth.

It was in carrying out Thy will that
He overcame death, and I will rejoice in
His glorious triumph, and in all my
trouble I will fly to Him and trust in
Him. I will keep before my eyes the
example of Thy Son who came in Thy
name to teach me all virtue.

Each day of my life is given to me by
Thee, that I may glorify Thee and joy-
fully occupy myself in Thy service.

Be kind to me, O Lord, and allow me
to please Thee, for my only riches are
Thy mercies and kindness to me. All
my praises shall be directed to Thee,
O Lord Jesus, who didst come in the
name of Thy Father.

I will keep near Thy altar and cele-
brate the feast of praise every day of my
life. Thou, our Lord, hast shed light
upon our lives ; the divine light of Thy
own life. Thou art the true light who
enlightenest every man who cometh into
the world.

I will try to keep with joy the solemn
feasts of the Church, and forget not to
prepare the temple of my heart for Thy
coming to me in Holy Communion.

Thou alone art my God, and for all
Thy goodness and Thy kind personal
care of me I will praise Thee.

I will praise Thee because Thou hast heard me when I cried to Thee, and Thou hast brought me into a place of safety.

I will ever remember Thy goodness and Thy everlasting mercy to me, for of myself I am worthless ; on Thy mercy alone can I rely.

Confitebor tibi,
quoniam exaudisti
me : et factus es
mihi in salutem.

Confitemini Do-
mino, quoniam
bonus : quoniam
in sæculum miseri-
cordia ejus.

Beati immaculati. Ps. 118.

The whole of the 118th Psalm is in praise of the simple, direct life of the religious who is devoted to the praises of God, and who is subjected to rule in order to become blameless before God.

GRANT, O Lord, that I may be undefiled in my way through life, seeking to walk according to Thy will as marked out for me by my holy rule, for I know this is Thy law for me.

Give me the blessing to become strong and perfect by following the model set up in Thy testimonies, the life of my Lord revealed to me in the Gospel and in prayer. Thus shall I seek Thee with my whole heart.

I will, with Thy help, do my utmost to avoid sin, because that alone can take me out of Thy ways.

I will keep Thy commands to my soul with all diligence.

O Lord, direct my ways, and allow me to follow the perfection to which Thou hast called me.

Then in Thy strength I shall not be

BEATI immacu-
lati in via : qui
ambulant in lege
Domini.

Beati, qui scru-
tantur testimonia
ejus : in toto cor-
de exquirunt eum.

Non enim, qui
operantur iniqui-
tatem, in viis ejus
ambulaverunt.

Tu mandasti
mandata tua cus-
todiri nimis.

Utinam dirigan-
tur viæ meæ ad
custodiendas justi-
ficationes tuas.

Tunc non con-
fundar : cum per-

spexero in omnibus mandatis tuis.

Confitebor tibi in directione cordis, in eo quod didici judicia justitiæ tuæ.

Justificationes tuas custodiam : non me derelinquas usquequaque.

IN quo corrigit adolescentior viam suam ? in custodiendo sermones tuos.

In toto corde meo exquisivi te : ne repellas me a mandatis tuis.

In corde meo abscondi eloquia tua ; ut non peccem tibi.

Benedictus es Domine : doce me justificationes tuas.

In labiis meis pronuntiavi omnia judicia oris tui.

In via testimoniorum tuorum delectatus sum sicut in omnibus divitiis.

In mandatis tuis exercebor : et considerabo vias tuas.

confounded when I look into the very highest counsels of perfection.

My praise of Thee shall be in the uprightness and sincerity of my heart, with which I offer myself to learn the precepts of perfection, and carry them out in my life.

I will strive to keep Thy commands, and I will pray to Thee at all times that Thou wilt never forsake me.

Division of Ps. 118 in Benedictine Breviary.

O MY God, help me to correct my past life by contemplating Thy words to me in prayer, and grant me the grace to make them effective in my life.

Help me to seek Thee with my whole heart, lest Thou leave me to myself because of my negligence, and cease to have care of me.

I will hide Thy words deep in my heart that I may never sin against Thee, my good God.

Blessed art Thou, O Lord : O teach me more and more to know Thy holy will in my regard.

I thank Thee for allowing me to spend my life in singing Thy praise in the Divine Office.

And that I may fully profit by that work give me a delight in the psalms, and in the contemplation of Thy life upon earth, O Lord.

I will be earnest in keeping Thy commands, and I will strive to learn Thy ways with loving care.

O Lord my God, never let me leave Thee or forget Thy words to me calling me to Thy service.

In justificationibus tuis meditabor : non obliviscar sermones tuos.

Division of Ps. 118 in Benedictine Breviary.

MY true life comes from Thee, my God, and I beseech Thee to give me a full life that I may keep all Thy commands.

RETRIBUE servo tuo, vivifica me : et custodiam sermones tuos.

Open my eyes that I may look upon the wonders of Thy love in the law Thou hast given to me.

Revela oculos meos : et considerabo mirabilia de lege tua.

I am only a wayfarer here. Do not let me go through life without the guidance of Thy commands.

Incola ego sum in terra : non abscondas a me mandata tua.

Grant me the grace to long to know and to keep the perfect path at all times.

Concupivit anima mea desiderare justificationes tuas, in omni tempore.

Thou hast rebuked the proud and wilful who do not keep Thy law, and Thou hast stricken them with Thy curse.

Increpasti superbos : maledicti, qui declinant a mandatis tuis.

O deal not so with me, my Lord. Let me not be ashamed to search diligently into the life of Thy Son for the guiding principles of my life.

Aufer a me opprobrium et contemptum ; quia testimonia tua exquisivi.

Even when the great ones of the earth persecute Thy followers, let me strive to know more perfectly Thy will and to do it.

Etenim sederunt principes, et adversum me loquebantur : servus autem tuus exercebatur in justificationibus tuis.

Give me time and inclination to ponder on the example of Thy Son, and take my counsel from His life which was lived for me.

Nam et testimonia tua meditatio mea est : et consilium meum justificationes tuæ.

Division of Ps. 118 in Benedictine Breviary.

ET veniat super me misericordia tua Domine, salutare tuum secundum eloquium tuum.

Et respondebo exprobrantibus mihi verbum; quia speravi in sermonibus tuis.

Et ne auferas de ore meo verbum veritatis usquequaque: quia in iudiciis tuis speravi.

Et custodiam legem tuam semper; in sæculum et in sæculum sæculi.

Et ambulabam in latitudine; quia mandata tua exquisivi.

Et loquebar de testimoniis tuis in conspectu regum: et non confundebam.

Et meditabar in mandatis tuis, quæ dilexi.

Et levavi manus meas ad mandata tua, quæ dilexi: et exercebam in justificationibus tuis.

I BEG Thy mercy, O Lord, for without Thee I can do nothing. Send me Thy grace purchased for me by Thy Son, my Lord Jesus Christ.

Thus shall I be able to answer all the reproaches of men who say that the life I lead is unnatural, for I have Thy word to rely on.

O God of truth, take not from me Thy support, for I have put all my trust in Thy words.

Thus only shall I be able to keep Thy law, the law of life Thou hast given me for ever and ever.

Because of my trust in Thee I shall walk freely after Thee, for I shall search confidently into Thy will.

And if it is Thy will I shall be able to speak of Thy testimony before the great ones of the earth, and shall put off all shame in their presence.

The thought that I am doing Thy will shall be my comfort, Thy will which is my delight.

I will lift up my hands to Thee, my good God, and take my delight in serving Thee. By the help of Thy grace I shall grow strong in the perfection to which Thou hast invited me.

Division of Ps. 118 in Benedictine Breviary.

THOU, O Lord, hast given me a strong hope. O fulfil this hope in me, Thy servant, being mindful of Thy promises.

In my deepest humiliations, when I seemed nearly dead in Thy service, my hope in Thee has been my consolation, and new life has come to me.

The proud who trust not in Thee, my God, have acted sinfully, but in Thy great mercy Thou hast kept me to Thy law.

I have been mindful of Thy gentle dealings of old, and they have raised hope in me and comforted me.

I am very sad, O Lord, when I see sinners transgressing Thy holy law.

I rejoice that Thou hast given me a law and thus shown an interest in my life upon earth. O give me grace to keep Thy commands.

I have, according to Thy will, O Lord, praised Thy holy name in the night, and the graces Thou hast given me have enabled me to keep Thy law.

How kind Thou hast been to urge me to seek carefully after perfection in the religious life !

MEMOR esto verbi tui servo tuo, in quo mihi spem dedisti.

Hæc me consolata est in humilitate mea ; quia eloquium tuum vivificavit me.

Superbi inique agebant usquequaque : a lege autem tua non declinavi.

Memor fui iudiciorum tuorum a sæculo Domine ; et consolatus sum.

Defectio tenuit me pro peccatoribus derelinentibus legem tuam.

Cantabiles mihi erant justificationes tuæ in loco peregrinationis meæ.

Memor fui nocte nominis tui Domine : et custodivi legem tuam.

Hæc facta est mihi ; quia justificationes tuas exquisivi.

Division of Ps. 118 in Benedictine Breviary.

THOU art my portion, O Lord, the part of mine inheritance, and for this I have promised to serve Thee faithfully.

PORTIO mea Domine, dixi, custodire legem tuam.

Division of Ps. 118 in Benedictine Breviary.

ET veniat super me misericordia tua Domine, salutare tuum secundum eloquium tuum.

Et respondebo exprobrantibus mihi verbum; quia speravi in sermonibus tuis.

Et ne auferas de ore meo verbum veritatis usquequaque: quia in iudiciis tuis speravi.

Et custodiam legem tuam semper; in sæculum et in sæculum sæculi.

Et ambulabam in latitudine; quia mandata tua exquisivi.

Et loquebar de testimoniis tuis in conspectu regum: et non confundar.

Et meditabar in mandatis tuis, quæ dilexi.

Et levavi manus meas ad mandata tua, quæ dilexi: et exercebar in justificationibus tuis.

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Thus shall I be able to answer all the reproaches of men who say that the life I lead is unnatural, for I have Thy word to rely on.

O God of truth, take not from me Thy support, for I have put all my trust in Thy words.

Thus only shall I be able to keep Thy law, the law of life Thou hast given me for ever and ever.

Because of my trust in Thee I shall walk freely after Thee, for I shall search confidently into Thy will.

And if it is Thy will I shall be able to speak of Thy testimony before the great ones of the earth, and shall put off all shame in their presence.

The thought that I am doing Thy will shall be my comfort, Thy will which is my delight.

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In my deepest humiliations, when I seemed nearly dead in Thy service, my hope in Thee has been my consolation, and new life has come to me.

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The proud who trust not in Thee, my God, have acted sinfully, but in Thy great mercy Thou hast kept me to Thy law.

Superbi inique agebant usquequaque : a lege autem tua non declinavi.

I have been mindful of Thy gentle dealings of old, and they have raised hope in me and comforted me.

Memor fui iudiciorum tuorum a sæculo Domine ; et consolatus sum.

I am very sad, O Lord, when I see sinners transgressing Thy holy law.

Defectio tenuit me pro peccatoribus derelinquentibus legem tuam.

I rejoice that Thou hast given me a law and thus shown an interest in my life upon earth. O give me grace to keep Thy commands.

Cantabiles mihi erant justificationes tuæ in loco peregrinationis meæ.

I have, according to Thy will, O Lord, praised Thy holy name in the night, and the graces Thou hast given me have enabled me to keep Thy law.

Memor fui nocte nominis tui Domine : et custodivi legem tuam.

How kind Thou hast been to urge me to seek carefully after perfection in the religious life !

Hæc facta est mihi ; quia justificationes tuas exquisivi.

Division of Ps. 118 in Benedictine Breviary.

THOU art my portion, O Lord, the part of mine inheritance, and for this I have promised to serve Thee faithfully.

PORTIO mea Domine, dixi, custodire legem tuam.

Deprecatus sum
faciem tuam in
toto corde meo :
miserere mei se-
cundum eloquium
tuum.

Cogitavi vias me-
as ; et converti
pedes meos in tes-
timonia tua.

Paratus sum et
non sum turbatus ;
ut custodiam man-
data tua.

Funes peccato-
rum circumplexi
sunt me : et legem
tuam non sum
oblitus.

Media nocte sur-
gebam ad confi-
tendum tibi, super
judicia justifica-
tionis tuæ.

Particeps ego sum
omnium timen-
tium te, et custo-
dientium mandata
tua.

Misericordia tua
Domine plena est
terra : justifica-
tiones tuas doce
me.

BONITATEM fe-
cisti cum servo tuo
Domine, secun-
dum verbum
tuum.

Bonitatem et dis-
ciplinam et scien-
tiam doce me ;

I have set my heart on finding what
is Thy holy will, as a child seeks for
guidance from the face of its father.
Be Thou merciful to me when I fail.

Dear Lord, I cannot guide myself. O
give me grace to read aright Thy life
and teaching, and to turn my steps into
the path pointed out for me by Thine
example.

Make me ever ready without disturb-
ance to do Thy holy will.

The example of sinners is round about
me, but I will strengthen my will by
the thought of Thy law.

I will keep steadily to the discipline
of the religious life that I may give
Thee proof of my earnest desire for the
perfection to which Thou hast called me.

I will take courage from the example
of those who are reverent to Thee in
life, and the society of those who are
exact in keeping the rule.

The earth, O Lord, is full of Thy
mercy. Be kind to me, for I shall often
fail. Teach me Thy will that I may
keep on the right path in Thy service.

Division of Ps. 118 in Benedictine Breviary.

HOW good Thou hast been to me Thy
servant, O Lord ! How faithfully
hast Thou kept Thy word !

Teach me to be good to others, to be
prudent in my conduct, and to have the
power of understanding Thy will, for my

only hope of salvation is in following Thy commandments and Thy will in all things.

I have sinned against Thee, O Lord, and Thou didst humble me ; now I have resolved to keep Thy word closely.

Thou art so good ; teach me in Thy goodness all that is necessary for me of that perfection to which Thou hast called me.

Pride is a great danger to me, and will overcome me if I do not search into Thy law with humility of heart.

For the heart of the proud is hardened, but do Thou, O Lord, soften my heart in prayer that I may willingly follow Thy law.

It is good for me that Thou hast humbled me, that I may be ready to follow Thy will for my perfection.

The words of Thy mouth are good for me to ponder. They are more precious to me than all the gold and silver of the earth.

Division of Ps. 118 in Benedictine Breviary.

THOU, O Lord, art my Creator. O perfect Thy work by giving me understanding to know Thy will.

Grant that those who are reverent before Thee may in Thy mercy look upon me and rejoice, because I have hoped exceedingly in Thy word.

quia mandatis tuis credidi.

Priusquam humiliarer, ego deliqui : propterea eloquium tuum custodivi.

Bonus es tu : et in bonitate tua doce me justificationes tuas.

Multiplicata est super me iniquitas superbiorum : ego autem in toto corde meo scrutabor mandata tua.

Coagulatum est, sicut lac, cor eorum : ego vero legem tuam meditatus sum.

Bonum mihi, quia humiliasti me ; ut discam justificationes tuas.

Bonum mihi lex oris tui ; super millia auri et argenti.

MANUS tuæ fecerunt me, et plasmaverunt me : da mihi intellectum, et discam mandata tua.

Qui timent te, videbunt me et lætabuntur ; quia in verba tua superaspexavi.

Cognovi Domine,
quia æquitas judi-
cia tua ; et in veri-
tate tua humiliasti
me.

Fiat misericordia
tua ut consoletur
me, secundum elo-
quium tuum servo
tuo.

Veniant mihi
miserationes tuæ,
et vivam ; quia lex
tua meditatio mea
est.

Confundantur su-
perbi, quia injuste
iniquitatem fece-
runt in me : ego
autem exercebor
in mandatis tuis.

Convertantur
mihi timentes te ;
et qui noverunt
testimonia tua.

Fiat cor meum
immaculatum in
justificationibus
tuis ; ut non con-
fundar.

DEFECIT in salu-
tare tuum anima
mea : et in verbum
tuum superspe-
ravi.

Defecerunt oculi
mei in eloquium
tuum : dicentes,
Quando consolaberis
me ?

Quia factus sum
sicut uter in pru-
ina : justificationes
tuas non sum ob-
litus.

I know, O Lord, that Thy judgments
are most right, and that Thou hast
justly humbled me.

Grant me the consolation of Thy
mercy according to Thy promise. Be
kind to Thy faithful servant.

Let Thy tender mercies come to me
and I shall live. May Thy word be
always in my mind.

Let the proud demons who have
suggested so much impiety to my mind
be confounded, but do Thou allow me
to keep Thy commandments constantly.

Let them that fear Thee with a loving
fear turn to my assistance, and may
Thy holy ones who have known and
kept Thy testimonies help me.

Make my heart free from all stain in
following the path of perfection, that I
may never be put to shame in Thy sight.

Division of Ps. 118 in Benedictine Breviary.

MY soul hath longed for Thy salva-
tion, O my God, and I wait with
great hope that Thy promises may be
fulfilled.

Mine eyes have looked with longing
for the time, and I have said, "When
wilt Thou comfort me?"

I am indeed worthless before Thee ;
still, I beg of Thee not to forget that
Thou hast called me to live in per-
fection according to Thy justice.

How long, O Lord, wilt Thou leave me in the hands of them that persecute me? How long shall I be subject to mine enemies, the evil spirits?

The wicked have spoken vain words to distract me, but they are not interesting to me as is the search into Thy law.

For all Thy words are true and Thy commands just. These evil ones disturbed me and tried to draw me away from Thee. Do Thou, my God, help me.

They had almost destroyed me, but by Thy great mercy I have held to Thy law.

O quicken me according to Thy mercy, that I may ever keep the testimonies of Thy mouth.

Division of Ps. 118 in Benedictine Breviary.

O LORD, Thy word is fixed for ever in heaven.

I can rely on it most securely, for Thou art the very truth and there is no limit to Thy faithfulness. The earth which Thou didst establish is a sign to me of Thy constancy.

Even to this day Thine ordinance of the earth is obeyed, for all things serve Thee, my God.

If I had not Thy law and Thy constancy to rely on, I should have perished long ago in my dejection.

My trust in Thee, my good God, has given me new life. I will strive never

Quot sunt dies servi tui? quando facies de persecuentibus me iudicium?

Narraverunt mihi iniqui fabulationes: sed non ut lex tua.

Omnia mandata tua veritas: inique persecuti sunt me, adjuva me.

Paulo minus consummaverunt me in terra: ego autem non dereliqui mandata tua.

Secundum misericordiam tuam vivifica me: et custodiam testimonia oris tui.

IN æternum Domine, verbum tuum permanet in cœlo.

In generationem et generationem veritas tua; fundasti terram, et permanet.

Ordinatione tua perseverat dies: quoniam omnia serviunt tibi.

Nisi quod lex tua meditatio mea est, tunc forte periissem in humilitate mea.

In æternum non obliviscar iustifi-

cationes tuas; quia in ipsis vivificasti me.

Tuus sum ego, salvum me fac; quoniam justificationes tuas exquisivi.

Me expectaverunt peccatores, ut perderent me: testimonia tua intellexi.

Omnis consumptionis vidi finem: latum mandatum tuum nimis.

to forget the perfection of soul to which Thou invitest me.

I am Thine, my God, O save Thou me, for I have determined to search diligently for the means of gaining the perfection of my soul.

The evil spirits have lain in wait for me to ruin me, but by Thy grace I will look constantly to the example given me in the life of Thy Son.

All merely human perfection has an end, but Thy commands stretch far and last for ever.

Division of Ps. 118 in Benedictine Breviary.

QUOMODO dilexi legem tuam Domine? tota die meditatio mea est.

Super inimicos meos prudentem me fecisti mandato tuo; quia in æternum mihi est.

Super omnes docentes me intellexi; quia testimonia tua meditatio mea est.

Super senes intellexi; quia mandata tua quæsi.

Ab omni via mala prohibui pedes meos; ut custodiam verba tua.

O MY God, I have loved Thy law and the sweet yoke of religious life. Let me advance in the knowledge and love of it every day of my life.

The close observance of Thy will shall give me a deep understanding, and make me wise in the wisdom of the saints. By Thy grace I will keep it always in my heart.

Then wilt Thou give me an intimate knowledge of Thy will, even beyond what Thou hast given to those who have instructed me. Grant that I may always ponder Thy words.

Thou wilt make me to understand better even than those who have lived a long life, for I will be very faithful to Thy will.

Grant, O my God, that I may refrain from every evil way that I may keep Thy word.

Teach me Thy law, O Lord, that I may not depart from Thy will.

How sweet are Thy words to my taste ! Sweeter far than honey to my mouth.

If I am faithful to Thy commands, Thou wilt give me understanding which will make me hate every false, misleading path in my spiritual life.

Division of Ps. 118 in Benedictine Breviary.

LET Thy word, O Lord, be a lamp to my feet that I may take no step which is not in conformity to Thy will.

For I have made my vows to Thee, and I have firmly determined to keep the path of perfection to which Thou hast called me.

I have often been humbled by my frequent infidelities to Thee, because I trusted in myself. Do Thou in Thy mercy renew the life in my soul, and make it more vigorous to live according to Thy guidance.

May the desires I speak to Thee in prayer be ever pleasing to Thee, and do Thou, by Thine inspirations, teach me Thy will.

May my soul's good be always before me, and make me ever mindful of Thy law.

Evil spirits have tried to entrap me, but by Thy grace I have been able to avoid their snares.

A judiciis tuis non declinavi ; quia tu legem posuisti mihi.

Quam dulcia faucibus meis eloquia tua : super mel ori meo !

A mandatis tuis intellexi : propterea odivi omnem viam iniquitatis.

LUCERNA pedibus meis verbum tuum, et lumen semitis meis.

Juravi et statui custodire judicia justitiæ tuæ.

Humiliatus sum usquequaque Domine : vivifica me secundum verbum tuum.

Voluntaria oris mei beneplacita fac Domine : et judicia tua doce me.

Anima mea in manibus meis semper : et legem tuam non sum oblitus.

Posuerunt peccatores laqueum mihi : et de mandatis tuis non erravi.

Hæreditate acquisivi testimonia tua in æternum ; quia exultatio cordis mei sunt.

Inclinavi cor meum ad faciendas justificationes tuas in æternum propter retributionem.

INIQUOS odio habui : et legem tuam dilexi.

Adjutor et susceptor meus es tu : et in verbum tuum supersperavi.

Declinate a me maligni : et scrutabor mandata Dei mei.

Suscipe me secundum eloquium tuum et vivam : et non confundas me ab expectatione mea.

Adjuva me et salvus ero : et meditabor in justificationibus tuis semper.

Sprevisti omnes discedentes a iudiciis tuis ; quia injusta cogitatio eorum.

Prævaricantes reputavi omnes

How good Thou hast been to me, my God, to give me Thy testimony of a perfect life, the life of Thy Son, as an inheritance ! The study of that life shall ever be a means of raising my heart to better things.

With Thy help I will turn my heart from all which can take me from Thee, that I may attend to the one thing necessary, to do Thy holy will in all things.

Division of Ps. 118 in Benedictine Breviary.

O MY God, I hate all evil, because it can take me from Thee, and I wish to keep and to love Thy holy law.

Thou art my helper and my protector ; in Thy word will I greatly trust.

Send far from me all workers of iniquity, that I may give myself to the study of Thy will, O my God.

Do Thou, O Lord, uphold me as Thou hast promised, and I shall live, and in Thy mercy let me not fail in the hope Thou hast kindled in me.

I rely on Thine assistance, my God, and I hope for Thy saving grace that I may always advance in the path of perfection.

Let me never be unjust in my thoughts, lest Thou treat me as of no account, because I have wandered from Thy law.

All who sin against Thee are unworthy of trust. Grant that I may

learn Thy way from the example of Thy Son, and love His life as the model of my own.

Fill me with a great fear of offending Thee, O Lord, for the fear of Thy judgments will keep me in Thy love.

peccatores terræ ;
ideo dilexi testi-
monia tua.

Confige timore
tuo carnes meas : a
judiciis enim tuis
timui.

Division of Ps. 118 in Benedictine Breviary.

GRANT me Thy grace, O Lord, to be kind in my judgment, and to keep the desire of perfection ever before me. Give me not into the power of the evil spirits who would rob me of my hope.

Uphold me in good, and let not the proud enemies of my soul oppress me.

Mine eyes shall look lovingly for Thy salvation, and for the promise Thou hast made to help me to the perfection to which Thou hast called me.

Deal mercifully with Thy servant, O Lord, and teach me all Thy will in my regard.

I am Thy servant, and I wish to serve Thee faithfully. Give me a right understanding that I may know and appreciate all that Thou speakest unto me.

In Thine own time show Thy power, O Lord, for many have left their allegiance to Thee.

I wish to cherish Thy commandments, and to love them more than all the riches of the earth.

Therefore, I have made my choice to obey Thee and to separate myself from the ways of the wicked.

FECI iudicium et
justitiam : non tra-
das me calumnian-
tibus me.

Suscipe servum
tuum in bonum :
non calunnietur
me superbi.

Oculi mei defece-
runt in salutare
tuum, et in elo-
quium justitiæ
tuæ.

Fac cum servo
tuo secundum mi-
sericordiam tu-
am : et justifica-
tiones tuas doce
me.

Servus tuus sum
ego : da mihi intel-
lectum, ut sciam
testimonia tua.

Tempus faciendi
Domine : dissipa-
verunt legem tu-
am.

Ideo dilexi man-
data tua super au-
rum et topazion.

Propterea ad om-
nia mandata tua
dirigebar : omnem
viam iniquam odio
habui.

Division of Ps. 118 in Benedictine Breviary.

MIRABILIA testimonia tua ; ideo scrutata est ea anima mea.

Declaratio sermonum tuorum illuminat, et intellectum dat parvulis.

Os meum aperui, et attraxi spiritum ; quia mandata tua desiderabam.

Aspice in me, et miserere mei, secundum iudicium diligentium nomen tuum.

Gressus meos dirige secundum eloquium tuum ; et nondominetur mei omnis injustitia.

Redime me a calumniis hominum ; ut custodiam mandata tua.

Faciem tuam illumina super servum tuum : et doce me justificationes tuas.

Exitus aquarum deduxerunt oculi mei ; quia non custodierunt legem tuam.

JUSTUS es Domine : et rectum iudicium tuum.

HOW wonderful, O my God, is the revelation of Thyself in the life of Thy Son ! Give me grace to search into it with my whole soul.

Thou wilt give me the light necessary to enable me to see Thy will clearly, if I am humble and dwell lovingly on Thy words.

I will open the mouth of my heart and draw in my breath, *i.e.*, I will be still and try to learn Thy will in my regard, for I long to be pleasing in Thy sight.

Turn to me, O Lord, and have mercy on me, as Thou art wont to treat those who love Thy holy name.

Let me order my life according to Thy word ; may no evil rule me and become my master.

Free me from taking heed of what may be said against me, that I may keep firmly to Thy commandments.

Let the light of Thy face shine upon me that I may clearly see Thy will.

Give tears to mine eyes, O Lord, for there are many who keep not Thy law.

Division of Ps. 118 in Benedictine Breviary.

THOU art just, O Lord, and Thy judgment is always right. How often in my wilfulness I have complained against Thee !

The commands Thou hast given me in religion spring from Thy justice and Thy truth ; thus I know that Thou wilt be my support.

Would that my love of Thee were so intense that I might with Thy saints see only the sin against Thee, and not consider myself when enemies stand against me !

Thy words, urging me to be generous in Thy service, are full of holy fire. It is a delight to know Thine interest in my life.

I am of such small account, O Lord, and I have only Thee to rely on. Let me not lose sight of Thy commands to my soul.

Thy justice is eternal, and there is no truth apart from Thee. Thy law is the true guide of my soul, leading me to Thee.

When I am in trouble and distress I will turn to Thy words ; in them I shall find the support and comfort I need.

For Thy words thus spoken to me in Thy law are right for ever. Grant me understanding, O Lord, that I may live according to their guidance.

Division of Ps. 118 in Benedictine Breviary.

I HAVE cried to Thee with my whole heart. Hear me, O Lord, and by Thy grace I will seek to know Thy will.

I have cried to Thee to save me. Hear my cry, and strengthen me that I may keep Thy law.

Mandasti justitiam testimonia tua, et veritatem tuam nimis.

Tabescere me fecit zelus meus ; quia obliti sunt verba tua inimici mei.

Ignitum eloquium tuum vehementer, et servus tuus dilexit illud.

Adolescentulus sum ego et contemptus ; justificationes tuas non sum oblitus.

Justitia tua, justitia in æternum : et lex tua veritas.

Tribulatio et angustia invenerunt me : mandata tua meditatio mea est.

Æquitas testimonia tua in æternum : intellectum da mihi et vivam.

CLAMAVI in toto corde meo, exaudi me Domine : justificationes tuas requiram.

Clamavi ad te, salvum me fac : ut custodiam mandata tua.

Præveni in maturitate et clamavi: quia in verba tua supersperavi.

Prævenerunt oculi mei ad te diluculo; ut meditarer eloquia tua.

Vocem meam audi secundum misericordiam tuam Domine: et secundum iudicium tuum vivifica me.

Appropinquaverunt persequentes me iniquitati: a lege autem tua longe facti sunt.

Prope es tu Domine, et omnes viæ tuæ veritas.

Initio cognovi de testimoniis tuis; quia in æternum fundasti ea.

VIDE humilitatem meam et eripe me: quia legem tuam non sum oblitus.

Judica iudicium meum, et redime me: propter eloquium tuum vivifica me.

Longe a peccatoribus salus; quia justificationes tuas non exquisierunt.

I turn to Thee in prayer in the morning of each day. In Thee, O Lord, I place all my hope.

While it is still night, grant that my waking moments may be occupied with Thee.

In Thy mercy listen to my prayer, O Lord; and in Thy kind judgment grant me a full and vigorous life.

The evil spirits who refused to serve Thee are at hand to persecute and torment me.

But Thou, O Lord, art near, and I can rely on Thee, for Thou art the very truth, and Thy kind guidance of my soul will lead it to Thyself.

I know well that the law Thou hast given me will make my eternal life secure, for from eternity Thou hast deigned to call me to follow Thee.

Division of Ps. 118 in Benedictine Breviary.

O MY God, look down upon me when I am in trouble and deliver me, for I wish never to forget Thy law.

O plead for me and help me; give me a new life according to Thy promise.

Thy saving grace is not given to the wilful sinner who persists in his sins, but if I am careful to obey Thee, my Lord, I can trust that Thou wilt not forsake me.

How many and wonderful are Thy great mercies to me, O Lord ! Give me new life and strength when Thou seest good.

I have many enemies to contend with ; let none of them drive me from Thy will.

Grant that I may feel the sorrow the saints have felt when I see sinners despise Thy law.

Thou knowest, Lord, that I wish to love Thy will. I cannot persevere and be faithful unless Thou in Thy mercy confirm my love and make it live.

Thy words to me flow from Thine own sincere love for me, and the judgments of Thy divine justice shall be for ever a joy to me.

Division of Ps. 118 in Benedictine Breviary.

GIVE me, O Lord, a filial fear of offending the least of Thy commands, though all the powers of earth should persecute me.

Grant me as much joy in the understanding of Thy word as if I had taken a great treasure by force of arms.

With Thy help, my God, I will ever hate sin and hold it in abhorrence. Give me a great love of Thy law that I may be always subject to Thee.

Seven times in the day I am called to praise Thee in the holy Office, and to extol the divine justice in Thy government of my soul.

Misericordiæ tuæ multæ Domine : secundum iudicium tuum vivifica me.

Multi, qui persequuntur me et tribulant me : a testimoniis tuis non declinavi.

Vidi prævaricantes et tabescebam ; quia eloquia tua non custodierunt.

Vide quoniam mandata tua dilexi Domine : in misericordia tua vivifica me.

Principium verborum tuorum veritas : in æternum omnia iudicia iustitiæ tuæ.

PRINCIPES persecuti sunt me gratis : et a verbis tuis formidavit cor meum.

Lætabor ego super eloquia tua, sicut qui invenit spolia multa.

Iniquitatem odio habui et abominatus sum : legem autem tuam dilexi.

Septies in die laudem dixi tibi, super iudicia iustitiæ tuæ.

Pax multa diligenti-
bus legem
tuam : et non est
illis scandalum.

Expectabam salutare
tuum Domine, et mandata
tua dilexi.

Custodivit anima mea
testimonia tua ; et dilexit ea
vehementer.

Servavi mandata tua
et testimonia tua ; quia omnes
viæ meæ in conspectu tuo.

Give me the peace of one who loves
Thy will, and let nothing be a hindrance
to my faithful service.

O my Lord, give me a great hope of
union with Thee in heaven, and a great
love of Thy will which will lead me there.

Let me always love and faithfully
obey Thy will in the holy rule Thou
hast given me.

Thou knowest, O Lord, that my will
is ever to keep Thy commandments, for
all my soul is open to Thy sight.

Division of Ps. 118 in Benedictine Breviary.

APPROPINQUET
deprecatio mea in
conspectu tuo Domine : juxta elo-
quium tuum da
mihi intellectum.

Intret postulatio
mea in conspectu
tuo : secundum
eloquium tuum
eripe me.

Eructabunt labia
mea hymnum ;
cum docueris me
justificationes
tuas.

Pronuntiabit lin-
gua mea eloquium
tuum ; quia omnia
mandata tua æqui-
tas.

Fiat manus tua,
ut salvet me, quo-
niam mandata tua
elegi.

O LORD my God, let my constant
prayer come near Thee, and give
Thou light to mine understanding that
I may know Thy will.

Let my supplication be ever before
Thee. Be kind to me and hear me as
Thou hast promised.

Then shall I sing praises to Thee,
and Thou wilt open out to me the way
of perfection by which I may always
do Thy will.

I will not cease to utter Thy praise in
Thine own words, for all Thy command-
ments lead to perfect justice which is
conformity to Thy will.

Stretch out Thy hand and save me,
for I can do nothing without Thee.
(Give me grace to persevere in the choice
I have made to serve Thee faithfully.

Give me always a longing for the life with Thee in heaven, and let it encourage me to search constantly for Thy will.

In Thy grace my soul shall live and never fail to praise Thee by a good life ; and Thy kindness in giving me a rule to follow shall be a great help to me.

Without Thee, my God, I am as a sheep that is lost. Do Thou, the Divine Shepherd, seek me and find me, for by Thy grace I have not forgotten Thy commandments.

Concupivi salutem tuam Domine : et lex tua meditatio mea est.

Vivet anima mea et laudabit te : et judicia tua adjuvabunt me.

Erravi sicut ovis, quæ periit : quære servum tuum, quia mandata tua non sum oblitus.

Ad Dominum, cum tribularer. Ps. 119.

AT the very entrance of my religious life I was in trouble, for Thou, my God, wouldst not let me settle down in the world. I cried to Thee, and Thou didst hear me.

As soon as I had felt the first impulse to the cloister, I had to hear much from wicked lips against the life I desired, and from deceitful tongues I heard things that made me fear to take the step.

I wondered how I could meet the reasons urged against my leaving the world ;

And Thy plain call sank into my heart and went deep in like an arrow. I saw there was nothing that could give me lasting peace but to give myself to Thee, my God, for the call sent by Thee seemed to make desolate and barren every other life except that to which Thou hadst called me.

AD Dominum, cum tribularer, clamavi ; et exaudivit me.

Domine libera animam meam a labiis iniquis, et a lingua dolosa.

Quid detur tibi, aut quid apponatur tibi, ad linguam dolosam ?

Sagittæ potentis acutæ, cum carbonibus desolatoriis.

Heu mihi quia
incolatus meus
prolongatus est :
habitavi cum ha-
bitantibus Cedar :
multum incola
fuit anima mea.

Cum his, qui od-
erunt pacem, eram
pacificus : cum
loquebar illis, im-
pugnabant me
gratis.

LEVAVI oculos
meos in montes :
unde veniet auxi-
lium mihi.

Auxilium meum
a Domino, qui
fecit cælum et
terram.

Non det in com-
motionem pedem
tuum : neque dor-
mitet, qui custodit
te.

Ecce non dormi-
tabit neque dor-
miet, qui custodit
Israel.

Dominus custo-
dit te, Dominus
protectio tua, su-
per manum dexte-
ram tuam.

Then I longed for the religious life,
and all else seemed weariness, and I
was as if in darkness.

I felt myself an exile, and then I
began to see that I had to be at peace,
even with those who tried to disturb
me, and I had to live so that they should
have no cause for their opposition.

LEVAVI oculos meos. Ps. 120.

I THEN looked up to those who had
gone before me, and who are either
in heaven or living a saintly life in the
community, and I sought help from
them.

But I found I could not expect much
from them unless I relied wholly on Thee,
my God. For their lives had been built
on their trust in Thy mercy and power.
Thou, O Lord, didst make all that is
good in the spiritual, as in the physical
world.

I began to feel secure that my feet
were not to be moved, for Thou didst
keep me. I will cease to rely on my-
self, and cast all my care on Thee.

I know that if I am faithful Thou wilt
not cease to strengthen me with Thine
own strength, for Thou never sleepest,
but hast always care of me.

Thou, O Lord, art my keeper on the
right hand, *i.e.*, for all that is good in
my life. O give me reason to hope that
in the last day I shall stand on Thy
right hand.

Both day and night I am safe as long
as I trust in Thee, my good God.

If I simply give myself entirely to
Thee without reserve, Thou, my Lord,
wilt preserve my soul from all evil.

Be with me at the beginning and at
the end of every action. Keep me, Thy
poor wandering one, from henceforth,
now and for ever, for I long to be Thine
only, O Lord.

Lætatus sum. Ps. 121.

AS soon as I learn to trust Thee, my
God, the community life becomes
a joy, for I recognise the goodness of
those who live with me, and we go
together into Thy house.

We are as yet only in the courts, but
we have left the world, and are standing
ready to do Thy will.

The Jerusalem of my own Order is a
city I may be proud of, for it is a part
of Thine own life, O Lord.

It is an Order which has attracted
good souls from all nations to carry on
Thy work, and to praise Thy holy name.

Thou, my God, by my profession, hast
taken Thy seat in me, so that when I
am in choir I am a throne for Thee to
rest in.

Teach me, O Lord, the things that
are for my peace, so that now I am
before Thee I may ask Thee for them.

*Per diem sol non
uret te, neque luna
per noctem.*

*Dominus custo-
dit te ab omni
malo : custodiat
animam tuam Do-
minus.*

*Dominus custo-
diat introitum tu-
um et exitum
tuum ; ex hoc
nunc, et usque in
sæculum.*

*LÆTATUS sum in
his, quæ dicta
sunt mihi : in do-
mum Domini ibi-
mus.*

*Stantes erant pe-
des nostri in atriis
tuis Jerusalem.*

*Jerusalem, quæ
ædificatur ut civi-
tas ; cujus partici-
patio ejus in id-
ipsum.*

*Illuc enim ascen-
derunt tribus, tri-
bus Domini :
testimonium Israel
ad confitendum
nomini Domini.*

*Quia illic sede-
runt sedes in ju-
dicio : sedes super
domum David.*

*Rogate, quæ ad
pacem sunt Jeru-
salem : et abun-*

dantia diligenti-
bus te.

Fiat pax in vir-
tute tua; et abun-
dantia in turribus
tuis.

Propter fratres
meos, et proximos
meos, loquebar
pacem de te.

Propter domum
Domini Dei nostri,
quæsi vi bona tibi.

Grant peace to my own religious family,
and the good things of Thy treasure to
all who are kind to it.

Give me the peace which comes from
the abundance of Thy grace, and the
strength which will follow my corres-
pondence to this grace.

For the sake of my brethren and my
neighbours let my words concerning
Thee, my God, bring peace to their
hearts.

For all are united in the service of
Thy house which is the Church, and it
is my part to pray that all may have
the things that are good for them.

Ad te levavi. Ps. 122.

AD te levavi ocu-
los meos, qui ha-
bitas in cœlis.

LATER on in the religious life I find
that I have to keep my eyes con-
stantly fixed on Thee, my God, who
art in heaven, and beseech Thee to
have mercy on me for my daily negli-
gences.

Ecce sicut oculi
servorum in mani-
bus dominorum
suorum :

Sicut oculi an-
cillæ in manibus
dominæ suæ: ita
oculi nostri ad Do-
minum Deum nos-
trum, donec mise-
reatur nostri.

Miserere nostri
Domine, miserere
nostri; quia mul-
tum repleti sumus
despectione.

Quia multum re-
pleta est anima

As a servant who is careless can learn
to be perfect in service by constant
attention to his master,

Or as a maid-servant by keeping her
eyes on the hands of her mistress, so
can I overcome my natural carelessness
by keeping my eyes fixed on Thee, my
Master, and begging of Thee to have
mercy on me.

Have mercy on me, O Lord, have
mercy on me, for I am cast down by
the correction I so often receive.

Indeed, I am often filled with re-
proaches. They who are rich in merits

reproach me with my negligence, and the proud cast me down with contempt.

Nisi quia Dominus. Ps. 123.

WHEN I had fixed my eyes on Thee, my God, and had tried to conform my life to Thy will,

My body rose up, and the nature which I thought was subdued made its power felt; so strong was the attack upon me that I feared I was wholly lost.

When the fury of temptation was upon me I was as if engulfed in a flood of water. Then my soul cried to Thee, my God: "If Thou, O Lord, hadst not been with me all these evil inclinations would have swallowed me up." But Thou wast with me to save me.

When the force of the assault was greatest, I might have been overcome and have lost my love of Thee, my God, if Thou hadst not been with me.

Blessed be Thou, O Lord, who hast not allowed me to be torn by these temptations.

Like a kind man releasing a sparrow from a snare, so gently Thou didst deliver me.

The snare was broken by Thy kind hand, and my soul was free.

My help, O Lord, is in calling upon Thy holy name. Thou hast made the heaven and the earth, and Thou art all powerful to save.

nostra : opprobrium abundantibus et despectio superbis.

NISI quia Dominus erat in nobis, dicat nunc Israel: nisi quia Dominus erat in nobis.

Cum exurgerent homines in nos, forte vivos deglutissent nos.

Cum irasceretur furor eorum in nos, forsitan aqua absorbuisset nos.

Torrentem pertransivit anima nostra : forsitan pertransisset anima nostra aquam intolerabilem.

Benedictus Dominus, qui non dedit nos in captionem dentibus eorum.

Anima nostra sicut passer erepta est de laqueo ventanum.

Laqueus contritus est et nos liberati sumus.

Adjutorium nostrum in nomine Domini, qui fecit cœlum et terram.

Qui confidunt. Ps. 124.

QUI confidunt in Domino, sicut mons Sion: non commovebitur in æternum, qui habitat in Jerusalem.

Montes in circuitu ejus, et Dominus in circuitu populi sui; ex hoc nunc, et usque in sæculum.

Quia non relinquet Dominus virgam peccatorum super sortem justorum; ut non extendant justi ad iniquitatem manus suas.

Benefac Domine bonis, et rectis corde.

Declinantes autem in obligationes adducet Dominus cum operantibus iniquitatem: pax super Israel.

IN convertendo Dominus captivitatem Sion: facti sumus sicut consolati.

Tunc repletum est gaudio os nostrum; et lingua nostra exultatione.

Tunc dicent inter gentes: Magnificavit Dominus facere cum eis.

MAY my soul trust in Thee, O Lord, with even a greater confidence than Thy chosen people trusted in Mount Sion. Thou art my holy city. Thou shalt not be moved for ever, nor shall my soul cease to dwell in Thee as long as my confidence is placed in Thee.

As the mountains surround the holy city, so dost Thou encompass my soul to protect it. I beseech Thee, O Lord, to guard me now and for ever.

Thou wilt not allow sinners or evil spirits to torment me with reproaches or temptations, lest I lose heart, and in my despair join the wicked in the evil they do against Thee.

Do Thou, my Lord, bless me and keep my will good and my heart right.

Let me not turn aside from Thee to my former evil ways. Keep me from forgetfulness of Thee; lead me far from all evil, and establish me in Thy peace.

In convertendo. Ps. 125.

CONFIDENCE in Thee, my Lord, will free me from the bondage of sin, and my soul will be consoled by Thee.

Filled thus with gladness, I will joyfully sing my thanks to Thee in the holy Office.

Then even the unthinking and the ungodly shall see the great things Thou wilt do for me.

Among the most precious of Thy gifts is the gift of joy, the mark Thou, O Lord, dost so often place on the religious who serve Thee faithfully.

Turn then, O Lord, my bondage into great freedom of heart, as the winter rains turn a dry water course into a full river.

I sowed in tears, but in Thy good time I shall reap in joy. The first steps of my religious life were hard and trying, but Thou, my Lord, wilt in Thy bounty give me the chance of storing up treasures which I may distribute to others with great joy.

As the farmer has much trouble in preparing the ground and sowing the seed, so have all those who follow Thee in the religious life much labour and trouble in sowing the seeds of the virtues.

But may I come to Thee, O Lord, by Thy bounty, full of joy, bearing the fruits of my labour.

Magnificavit Dominus facere nobiscum : facti sumus lætantes.

Converte Domine captivitatem nostram, sicut torrens in Austro.

Qui seminant in lacrymis, in exultatione metent.

Euntes ibant et flebant, mittentes semina sua.

Venientes autem venient cum exultatione, portantes manipulos suos.

Nisi Dominus. Ps. 126.

IN all my desire to do good let me remember that if I take any praise to myself, the good I may do will be of no avail ; for unless Thou, O Lord, build the house, they labour in vain who build it.

Not only in building but in keeping what I have already won I will trust in Thy goodness alone.

No effort of mine can be of use to me in my religious life unless I rely

NISI Dominus ædificaverit domum, in vanum laboraverunt, qui ædificant eam.

Nisi Dominus custodierit civitatem, frustra vigilat qui custodit eam.

Vanum est vobis ante lucem sur-

gere: surgite, postquam sederitis, qui manducatis panem doloris.

Cum dederit dilectis suis somnum: ecce hæreditas Domini filii, merces fructus ventris.

Sicut sagittæ in manu potentis; ita filii excussorum.

Beatus vir, qui implevit desiderium suum ex ipsis: non confundetur, cum loquetur inimicis suis in porta.

BEATI omnes, qui timent Dominum; qui ambulant in viis ejus.

Labores manuum tuarum quia manducabis; beatus es, et bene tibi erit.

Uxor tua sicut vitis abundans in lateribus domus tuæ.

Filii tui sicut novellæ olivarum in circuitu mensæ tuæ.

for all on Thee, my God. Work I do apart from Thee will bring me nought but sorrow.

If Thou wilt give me peace, O Lord, Thou wilt in Thy mercy allow me to bring souls to Thee, and so to bring to Thee children of Thine own family.

And thus by Thy mercy, I, who have deserved nothing but to be cast away, will in the power of Thy strong arm be able to fight for Thee.

Thou wilt bless me Thy servant because Thou hast allowed me to fill my heart with the desire of serving and loving Thee, and Thou wilt not allow me to be confounded when I stand before Thee in judgment.

Beati omnes. Ps. 127.

BLESSED are they, O Lord, who, because they fear Thee, desire to walk according to Thy will. Grant me to be among those who so fear Thee, O my God.

Thou wilt give me all the blessings which are in Thy hands. And as to the faithful soul in the world Thou givest the necessities of life, a quiet, peaceful home,

And a happy family life, so to the faithful religious Thou wilt give much more spiritual blessings,

Abundant grace and daily Communion; a happy community, and more than this, the power to beg blessings for the whole Church.

Thus wilt Thou bless the soul that serves Thee, O Lord, with a quiet, filial fear.

Thou wilt look down from heaven and provide all good things for Thy Church all the days of our life.

And Thou wilt give increase in number and in sanctity, that in subjection to Thee we may have peace in Thee for ever.

Ecce sic benedicetur homo, qui timet Dominum.

Benedicat tibi Dominus ex Sion : et videas bona Jerusalem omnibus diebus vitæ tuæ.

Et videas filios filiorum tuorum ; pacem super Israel.

Sæpe expugnaverunt. Ps. 128.

MY soul has gone through many temptations from the time of my youth upwards, and these have been a serious trial, often leading me to lose heart.

But now I recognise that Thou, O Lord, didst allow these temptations to assail me, many of which I have with Thy help been able to overcome, that I might know Thy kind care of me, and put my trust in Thee.

The demons have caused me to suffer much, and have made my life a burden. They have prolonged their torments upon me.

But I trust in Thy justice, O Lord ; Thou wilt put aside all who hinder me in my path to Thee. These are they who hate religious perfection. Grant me the grace to love it and strive after it with my whole heart.

Those who do not esteem this, Thine eternal will, shall be worthless as the

SÆPE expugnaverunt me a juventute mea ; dicat nunc Israel.

Sæpe expugnaverunt me a juventute mea : etenim non potuerunt mihi.

Supra dorsum meum fabricaverunt peccatores : prolongaverunt iniquitatem suam.

Dominus justus concidit cervices peccatorum : confundantur et convertantur retrorsum omnes, qui oderunt Sion.

Fiant sicut fœcunum tectorum ;

quod, priusquam
evellatur, exaruit.

De quo non im-
plevit manum su-
am, qui metit ; et
sinum suum, qui
manipulos colligit.

Et non dixerunt,
qui præteribant,
Benedictio Domi-
ni super vos : bene-
diximus vobis in
nomine Domini.

grass on the top of a house, which is
dried up before it can be of any use.

They shall be of no use for Thee, the
Husbandman of souls, nor wilt Thou
gather them into Thy bosom in the
harvest.

Their worthlessness will be apparent
even to the passer-by. He will not
salute them or bless them. O may Thy
blessing ever be upon me.

De profundis. Ps. 129.

DE profundis cla-
mavi ad te Domi-
ne : Domine ex-
audi vocem meam.

Fiant aures tuæ
intendentes in vo-
cem deprecationis
meæ.

Si iniquitates ob-
servaveris Domi-
ne ; Domine quis
sustinebit ?

Quia apud te, pro-
pitiatio est : et
propter legem tu-
am sustinui te
Domine.

Sustinuit anima
mea in verbo ejus :
speravit anima
mea in Domino.

A custodia ma-
tutina usque ad

OUT of the depths of my own selfish-
ness I have cried to Thee, O my
God ; do Thou hear my voice.

Be ever attentive to me, O Lord.
Ah, how little need there has been in
the past to attend to my cry, for I have
not called to Thee ! I did not look to
Thee for help.

Attend to me doubly now that I may
turn to Thee. I have delayed too long.
Wait for me now a little, O Lord ; I
am so slow.

I know Thou art all mercy ; I need
much mercy and forgiveness. O Lord
my God ! I will wait Thy time, only
make me constant.

I have relied on Thy word. I thank
Thee, O my God ! for giving me Thy
Word, Thy only Son, that I might have
the fullest trust in Him.

Thou hast filled me with hope. Now
that by Thy mercy I have known Thy
strength and Thy kind care of me,
I will hope in Thee all my waking life,

from the first watch of the morning till the last moment before sleep,

Even my faults I can leave to Thy goodness, for I can trust myself to Thee and rest in Thy mercy. The redemption Thou hast purchased for me is ample for all my sins.

I will fill my heart with confidence that in spite of all my sins Thou wilt redeem even me, and bring me to Thyself in the end.

noctem, speret Israel in Domino.

Quia apud Dominum misericordia : et copiosa apud eum redemptio.

Et ipse redimet Israel ex omnibus iniquitatibus ejus.

Domine, non est exaltatum. Ps. 130.

O LORD, my heart is not raised up in pride because of all Thy goodness to me. O may mine eyes be always humble before Thee.

I beg of Thee not to ask from me anything which will bring me human praise, but let me be content with the ordinary things of life.

If I am not humble-minded, and if I strive to take praise to myself,

I shall deserve to be as a weaned child, calling in vain for the consolation with which Thou, my good God, wilt always support the lowly of heart.

My trust in Thee is my only safety. I will give myself to Thee from this day now and for ever.

DOMINE non est exaltatum cor meum : neque elati sunt oculi mei.

Neque ambulavi in magnis, neque in mirabilibus super me.

Si non humiliter sentiebam ; sed exaltavi animam meam.

Sicut ablactatus est super matre sua, ita retributio in anima mea.

Speret Israel in Domino ; ex hoc nunc et usque in sæculum.

Memento, Domine, David. Ps. 131.

REMEMBER, O Lord, my soul which has determined to follow Thee in meekness and humility.

MEMENTO Domine David, et omnis mansuetudinis ejus.

Sicut juravit Domino : votum vovit Deo Jacob :

Si introiero in tabernaculum domus meæ : si ascendero in lectum strati mei :

Si dederò somnum oculis meis : et palpebris meis dormitationem :

Et requiem temporibus meis ; donec inveniam locum Domino : tabernaculum Deo Jacob.

Ecce audivimus eam in Ephrata : invenimus eam in campis silvæ.

Introibimus in tabernaculum ejus : adorabimus in loco, ubi steterunt pedes ejus.

Surge Domine in requiem tuam : tu et arca sanctificationis tuæ.

Sacerdotes tui induantur justitiam : et sancti tui exultent.

Propter David, servum tuum, non avertas faciem Christi tui.

Juravit Dominus David veritatem, et non frustrabitur

I have vowed to Thee that I would dwell with Thee all the days of my life, and that I would strive, by Thy grace, to become worthy to be Thy tabernacle.

In order to carry out this my purpose, by Thy help, I will not be turned aside by any thought of myself.

I will not rest or close mine eyes,

Or look for any peace in my life till I have found a place for Thee, my God.

In my youth I heard of Thee and Thy desire to come to me, and in all the open country I have seen Thy glory.

I will go into Thy tabernacle, and I will worship Thee in the place where Thy feet have stood.

Come again, O Lord, and take Thy rest within me. Let me never again blot out Thine image in my soul.

Clothe me with holiness, for Thou hast chosen my soul as Thy priest. Grant that I may ever rejoice in Thy presence.

Thou hast chosen me, O Lord. Do not turn away Thy face because of my neglect.

Thou hast made me many promises of help ; let me not render them void

by my carelessness. May the desires of my heart always give Thee praise.

Keep me faithful to Thy law, and let me not be a hindrance to the holiness of those that come after me.

Nay, Lord, let Thy words through me lead many to learn and to teach to others the principles of a holy life.

Thou hast chosen me for Thine own by calling me into religion, and Thou wilt make my soul Thy dwelling-place.

Thou shalt be my rest, O Lord, for ever and ever. Come and dwell in me, for Thou hast chosen me.

If Thou wilt leave my soul in desolation still continue to bless me; still give me the support which can come from Thee alone.

Help me to clothe my soul with sanctity, and give me great joy in Thy company.

Grant me also a store of grace, and may my life be lit by the lamp of Thy presence.

Then shall the evil spirits be confounded, for my soul, O Lord, shall grow and flourish exceedingly in Thy love.

Ecce, quam bonum. Ps. 132.

I BEGIN to see, O Lord, how great a good for my soul, and how full of joy it is that Thou hast called me to

eam : De fructu ventris tui ponam super sedem tuam.

Si custodierint filii tui testamentum meum ; et testimonia mea hæc, quæ docebo eos :

Et filii eorum usque in sæculum sedebunt super sedem tuam.

Quoniam elegit Dominus Sion : elegit eam in habitationem sibi.

Hæc requies mea in sæculum sæculi : hic habitabo, quoniam elegi eam.

Viduam ejus benedicens benedicam : pauperes ejus saturabo panibus.

Sacerdotes ejus induam salutari : et sancti ejus exultatione exultabunt.

Illuc producam cornu David : paravi lucernam Christo meo.

Inimicos ejus induam confusione : super ipsum autem efflorescit sanctificatio mea.

ECCE quam bonum et quam ju-

cundum, habitare
fratres in unum.

dwelt in a community united in their brotherhood with Thy Son, my Lord Jesus Christ.

Sicut unguentum
in capite, quod
descendit in bar-
bam, barbam
Aaron.

As the precious ointment Thou didst command should be poured so copiously upon the head of Thy chosen priest, Aaron, that it flowed upon his beard, signifying the strength, the joy, and the sweet savour of the consecration of Thy priests, so the mutual charity found in a religious community will bring strength and joy and a sweet odour pleasing to Thee.

Quod descendit
in oram vestimenti
ejus : sicut ros
Hermon, qui des-
cendit in montem
Sion.

This sweet charity should affect even the external garments of the religious, *i.e.*, his external behaviour. Again, as the dew of Hermon, the highest mountain of Palestine, came down upon the lower hills, even to Sion, making the whole land fruitful, so does religious charity make fruitful the work of the members of a community.

Quoniam illic
mandavit Domi-
nus benedictio-
nem ; et vitam
usque in sæculum.

In such a united community Thou, O Lord, hast given blessings and vigorous religious life as long as charity is strong.

Ecce, nunc benedicite. Ps. 133.

ECCE nunc bene-
dicite Dominum,
omnes servi Do-
mini :

BEHOLD me, O my God, toiling and striving up the steps of perfection. I come to Thee for Thy blessing on my efforts.

Qui statis in do-
mo Domini ; in
atriis domus Dei
nostri.

All who stand ready to do Thy will in Thy house, O God, and in the courts of Thy house, *i.e.*, the monastery, bless Thee and praise Thee.

I lift up my hands and my voice to bless Thee, and do Thou, in return, bless me before I go to rest.

Bless me, Thy servant, from heaven. Thy blessing will secure to me the good things of heaven and earth, for all things are in Thy hands.

In noctibus extollite manus vestras in sancta : et benedicite Dominum.

Benedicat te Dominus ex Sion, qui fecit cœlum et terram.

Laudate nomen Domini. Ps. 134.

I WILL praise Thy holy name, O Lord, for I wish to be Thy faithful servant. May I praise Thee for ever.

For I live in Thy house, and in the courts of Thy house,

And I will praise Thee for Thy great goodness and mercy to me. How sweet is Thy holy name to me ! I will rejoice to sing Thy praises in the Divine Office.

Thou hast chosen my soul for Thyself, and Thou desirest to make it Thy very own.

Thou hast let me know how great Thou art, and how worthless are all who exalt themselves in opposition to Thee.

Thou hast ever done according to Thy holy will whether in heaven or on earth ; in the sea and its most secret depths.

Thou hast full power over all nature. Thou bringest the clouds from any quarter Thou willest, and ever to benefit weak man, even Thy lightning has been followed by rain, making the earth fruitful.

LAUDATE nomen Domini : laudate servi Dominum.

Qui statis in domo Domini : in atriis domus Dei nostri.

Laudate Dominum, quia bonus Dominus : psallite nomini ejus, quoniam suave.

Quoniam Jacob elegit sibi Dominus ; Israel in possessionem sibi.

Quia ego cognovi, quod magnus est Dominus : et Deus noster præ omnibus diis.

Omnia, quæcumque voluit, Dominus fecit in cœlo et in terra : in mari et in omnibus abyssis.

Educens nubes ab extremo terræ : fulgura in pluviam fecit.

Qui producit ventos de thesauris suis : qui percussit primogenita Ægypti ab homine usque ad pecus.

Thou dost bring the winds from Thy secret treasure, working Thine own will which none can gainsay. Thou didst slay the firstborn both of men and beasts.

Et misit signa et prodigia in medio tui Ægypte : in Pharaonem et in omnes servos ejus.

Thou didst great wonders in Egypt and before Pharaoh and all his servants.

Qui percussit gentes multas : et occidit reges fortes.

Thou didst not spare the nations which opposed Thy people, nor the powerful kings who stood up against them.

Sehon regem Amorrhæorum, et Og regem Basan : et omnia regna Chanaan.

Sehon, king of the Amorrhites, and Og, king of Basan, and all the tribes of Canaan,

Et dedit terram eorum hæreditatem : hæreditatem Israel populo suo.

Their land Thou didst give for an inheritance for Thine own people.

Domine nomen tuum in æternum : Domine memoriale tuum in generationem et generationem.

Therefore, Thy name is held in honour for ever, O Lord, and the memory of Thy goodness unto all generations.

Quia judicabit Dominus populum suum : et in servis suis deprecabitur.

Thou wilt be kind in Thy judgment of those who faithfully serve Thee ; and if they fall into sin against Thee, Thou wilt be ready to hear the prayer of repentance.

Simulacra gentium argentum et aurum : opera manuum hominum.

But the idols whom men invoke are only senseless gods. My soul shall not put any trust in riches, however great they may be.

Os habent, et non loquentur : oculos habent, et non videbunt.

These idols have mouths indeed, but they cannot speak ; eyes, but they cannot see.

Ears they have that cannot hear, nor is there the breath of life in their mouths.

Let all who make such things and trust in riches be as these idols.

I will bless Thee, O Lord, for the house of Israel and for the house of Aaron.

I will bless Thee for the house of Levi, and for all that fear Thee, O Lord.

Blessed be Thou, my God, in heaven and in Thy Church upon earth.

Psalm 135 is so similar to Psalm 134 that it requires no further comment.

Super flumina. Ps. 136.

O GOD, when I was in captivity to Thine enemy, whether in sin or bound by the chains of bad habits, I was sad, though surrounded by pleasures which did not satisfy me, and I remembered Thy home in heaven which Thou hast designed for my delight.

I hung up or cast aside the instruments of mirth, for there was no joy in my life.

The evil spirits who had beguiled me and led me into captivity, urged me to be joyful and not to be sad.

Aures habent, et non audient : neque enim est spiritus in ore ipsorum.

Similes illis fiant, qui faciunt ea ; et omnes, qui confidunt in eis.

Domus Israel, benedicite Domino : domus Aaron, benedicite Domino.

Domus Levi, benedicite Domino : qui timetis Dominum, benedicite Domino.

Benedictus Dominus ex Sion, qui habitat in Jerusalem.

SUPER flumina Babylonis, illic sedimus et flevimus ; cum recordaremur Sion.

In salicibus in medio ejus suspendimus organa nostra.

Quia illic interrogaverunt nos, qui captivos duxerunt nos, verba cantionum :

Et qui abduxerunt nos : Hymnum cantate nobis de canticis Sion.

Quomodo cantabimus canticum Domini in terra aliena ?

Si oblitus fuero tui Jerusalem ; oblivioni detur dextera mea.

Adhæreat lingua mea faucibus meis ; si non meminero tui :

Si non proposuero Jerusalem in principio lætitiæ meæ.

Memor esto Domine filiorum Edom in die Jerusalem :

Qui dicunt, Exinanite, exinanite usque ad fundamentum in ea

Filia Babylonis misera : beatus, qui retribuet tibi retributionem tuam, quam retribuisti nobis.

Beatus, qui tenebit, et allidet parvulos tuos ad petram.

And they who had power over me called me to sing the songs of my home.

And I could not, for the songs of heaven are my prayers, and I could not pray whilst I was alien in heart from Thee, my God.

Let me never more forget Thee, my good God. Rather let my right hand be forgotten than that I cease to remember I belong to Thy Church.

Let me not be able to utter a word if I forget Thee, O Lord.

Hinder me from taking any pleasure which does not begin and end in Thee.

And do Thou, O Lord, remember them who fought against Thy Church, and seemingly overcame it in times past. Do Thou remember all the evil they did against Thy Church.

For they said : " Down with it, down with it ; root up even the foundations."

Then shall Thy vengeance come upon all those who persist in their enmity to Thy Church. They shall indeed be in a miserable plight, and those shall be held in benediction who execute Thy wrath upon them.

Bless me, O Lord, and grant me the courage to strangle the first thoughts of evil that come into my mind, and to have recourse to Thee, the Rock of hope.

Confitebor tibi Domine. Ps. 137.

I WILL praise Thee, O Lord, with my whole heart, because Thou hast heard my prayer.

I will stand before Thee in the Divine Office as if I were in the choir of angels. I will not forget that my work in the choir is a true worship, a sacrifice pleasing unto Thee, giving glory to Thy holy name.

For Thy mercy and Thy fidelity to me I will praise Thee, because by Thy mercy to me who am so sinful, and Thy fidelity when I am so faithless to Thee, Thou hast magnified Thy name above all that I could imagine, *i.e.*, Thou hast enabled me to see the greatness of Thy kindness and goodness.

In what day soever I shall call upon Thee, O hear me, my good God ; let not Thy mercy to me cease, for thus shall I have great hope in Thee, and my soul shall be strong to do Thy work faithfully.

Let all the great ones of the earth give glory to Thee, O Lord, for they, too, have heard kind words from Thy mouth.

Let them sing of Thy kind and glorious ways, for Thy glory is indeed great.

Thou, O Lord, art greatly exalted, but Thou art very near to the humble. The proud Thou lookest upon as if they were at a great distance from Thee.

CONFITEBOR tibi Domine in toto corde meo ; quoniam audisti verba oris mei.

In conspectu Angelorum psallam tibi : adorabo ad templum sanctum tuum, et confitebor nomini tuo.

Super misericordia tua et veritate tua : quoniam magnificasti super omne nomen sanctum tuum.

In quacumque die invocavero te, exaudi me : multiplicabis in anima mea virtutem.

Confiteantur tibi Domine omnes reges terræ ; quia audierunt omnia verba oris tui :

Et cantent in viis Domini ; quoniam magna est gloria Domini.

Quoniam excelsus Dominus et humilia respicit : et alta a longe cognoscit.

Si ambulavero in medio tribulationis, vivificabis me: et super iram inimicorum meorum extendisti manum tuam: et salvum me fecit dextera tua.

Dominus retribuet pro me: Domine misericordia tua in sæculum: opera manuum tuarum ne despicias.

DOMINE probasti me, et cognovisti me: tu cognovisti sessionem meam et resurrectionem meam.

Intellexisti cogitationes meas de longe: semitam meam et funiculum meum investigasti.

Et omnes vias meas prævidisti; quia non est sermo in lingua mea.

Ecce Domine tu cognovisti omnia novissima et antiqua: tu formasti me, et posuisti super me manum tuam.

Mirabilis facta est scientia tua ex me: confortata est, et non potero ad eam.

If I should be once more in trouble, Thou wilt give me the vigour which will see me through it, and Thou wilt protect me from the anger of mine enemies with Thy strong right hand, for Thy strength saved me in the past.

I know, O Lord, that Thou wilt do all that is helpful for me. I need never lose heart again, for Thy mercy has no end. O leave me not to myself, and do not despise me because of my weakness, but ever support and comfort me.

Domine, probasti me. Ps. 138.

THOU, O my Lord, hast tried me, and Thou dost know me most intimately. Thou alone dost thoroughly understand me far better than I have known myself.

Thou knowest my inmost thoughts, and the whole bent of my nature, so often a puzzle to me, is plain and clear to Thee.

I cannot tell Thee anything about myself that Thou dost not know before I speak. I cannot hide anything from Thee.

Thou didst know me before I was conscious of my own life, and Thou, my good God, hast laid Thy kind hand upon me, even when I knew it not.

Thy knowledge of me I cannot fathom, for the depth and the height of it is far beyond me.

Where shall I go to be out of Thy influence? Where shall I fly from Thy sight, O God?

If I go in spirit into heaven or hell I cannot escape from Thee. Whatever my thoughts are they must come before Thee.

Let them wander as far as they will they are within Thy kingdom; Thou knowest them all. Neither can I escape from Thy power.

Thy merciful hand leads me to good, and Thy kind right hand supports me always.

Quo ibo a spiritu tuo? et quo a facie tua fugiam?

Si ascendero in cœlum, tu illic es: si descendero in infernum, ades.

Si sumpsero penas meas diluculo, et habitavero in extremis maris:

Etenim illuc manus tua deducet me: et tenebit me dextera tua.

Division of Ps. 138 in Benedictine Breviary.

TO Thee there is no darkness, O my God. Nothing within me or without me is out of Thy sight. Thou knowest most exactly all my imperfections which I try to hide from others.

For the darkness does not hide anything from Thee. The night itself is as the day, open to Thy divine eyes. Darkness and light are as one to Thee.

And as Thou seest me so Thou protectest me. Thou hast all power over me, and Thou hast had care of me ever since I was born.

Therefore, I will constantly and reverently praise Thee, and acknowledge all Thy wonderful care of me.

Et dixi, Forsitan tenebræ conculcabant me: et nox illuminatio mea in deliciis meis.

Quia tenebræ non obscurabuntur a te; et nox sicut dies illuminabitur: sicut tenebræ ejus; ita et lumen ejus.

Quia tu possedisti renes meos: suscepisti me de utero matris meæ.

Confitebor tibi, quia terribiliter magnificatus es; mirabilia opera tua; et anima mea cognoscit nimis.

Non est occultatum os meum a te, quod fecisti in

There is no part of my nature which is not from Thee, and Thou, O Lord,

occulto : et substantia mea in inferioribus terræ.

Imperfectum meum viderunt oculi tui ; et in libro tuo omnes scribentur : dies formabuntur, et nemo in eis.

Mihi autem nimis honorificati sunt amici tui Deus : nimis confortatus est principatus eorum.

Dinumerabo eos, et super arenam multiplicabuntur : exurrexi, et adhuc sum tecum.

Si occideris Deus peccatores : viri sanguinum, declinate a me.

Quia dicitis in cogitatione : Accipient in vanitate civitates tuas.

Nonne, qui oderunt te Domine, oderam ; et super inimicos tuos tabescebam ?

Perfectoodionderam illos : et inimici facti sunt mihi.

Proba me Deus, et scito cor meum : interroga me, et cognosce semitas meas.

hadst knowledge of my life even before I began to live.

My very beginning Thou didst know perfectly, and my life and its capacities were written in Thy book before I came into being.

I have taken great pleasure in the lives of Thy saints, and they have shown me what I might have been.

The number of Thy graces to them is beyond all calculation, and if I take the whole night to consider I am still occupied with Thy wonderful favours.

Do Thou, O Lord, deal with sinners as Thou wilt. Do Thou keep evil men from interfering with my service of Thee.

They are ever speaking perversely of Thee. They strive to lead into vanity the dwellers in the cities of Thy kingdom on earth.

Shall I not hate them that hate Thee, my God ? Shall I not be consumed with anger when I see Thine enemies attacking Thee ?

I will hate all sin with a great hatred, and Thine enemies shall be mine enemies.

I will resign myself into Thy hands to prove me as Thou wilt. I will not try to hide anything from Thee, but be very open and sincere with Thee.

O search my heart and take from it all sin and all affection to sin. Do Thou, my God, lead me, and let me simply follow, that with Thee I may walk the eternal way marked out for me from the beginning.

Et vide, si via iniquitatis in me est : et deduc me in via æterna.

Eripe me, Domine. Ps. 139.

DELIVER me, O Lord, from the evil in my own nature—the evil desires and evil tendencies which I have encouraged in my past life. Rescue me from the injustice I have practised against Thee, robbing Thee of my heart which was Thine by right.

ERIPE me Domine ab homine malo : a viro iniquo eripe me.

For I have devised evils in my heart against Thee, and all the days of my life I have sought to wage war against Thy gentle law.

Qui cogitaverunt iniquitates in corde, tota die constituebant prælia.

I have argued when I ought to have obeyed, and I have been uncharitable in my dealings with Thy friends.

Acuerunt linguas suas sicut serpentis : venenum aspidum sub labiis eorum.

Guard me, then, O Lord, from my own wicked self, and deliver me from the unjust and ungenerous rebel within me.

Custodi me Domine de manu peccatoris : et ab hominibus iniquis eripe me.

For this evil nature which is always with me is ever striving to trip my feet in their journey to Thee, and my innate pride, assisted by the devil, is ever laying snares for me when I least expect them.

Qui cogitaverunt supplantare gressus meos : absconderunt superbi laqueum mihi.

The snares they hide for me are strong, and will hold me if Thou dost not help me, and I shall surely fall if Thine angels do not bear me up.

Et funes extenderunt in laqueum : juxta iter scandalum posuerunt mihi.

Dixi Domino,
Deus meus es tu :
exaudi Domine
vocem deprecationis meæ.

Domine Domine
virtus salutis
meæ : obumbrasti
super caput meum
in die belli.

Ne tradas me
Domine a desiderio
meo peccatori ; cogita-
verunt contra me :
nederelinquas me,
ne forte exalten-
tur.

Caput circuitus
eorum : labor
labiorum ipsorum
operiet eos.

Cadent super eos
carbores ; in
ignem deiciet eos :
in miseriis non
subsistent.

Vir linguosus
non dirigitur in
terra : virum in-
justum mala capi-
ent in interitu.

Cognovi, quia
faciet Dominus
iudicium inopis ;
et vindictam
pauperum.

Verumtamen
justi confitebuntur
nomini tuo : et
habitabunt recti
cum vultu tuo.

Now that I have turned to Thee, I
cry to Thee, and I acknowledge that
Thou art my God. Hear Thou the
voice of my supplication to Thee for
help.

O Lord, my Lord, in Thy strength
alone can I be safe. Thy grace has
overshadowed my head in the day of
severest temptation.

Unite my will to Thine, O God, and
give me not up to the wicked desires of
my heart, for they are always plotting
against me. Do not Thou forsake me
lest they overcome me and triumph over
Thy servant.

Pride, which is the head of all evil,
compasseth me about ; and the sins of
the tongue will bring me down and over-
whelm me if Thou dost not help me.

Burn them out with the coals of Thy
charity. Cast them away from me, and
destroy them completely.

Teach me the value of silence, for if I
am full of words Thou wilt not give me
constancy. If I am unjust in my judg-
ments, evil shall come upon me.

I trust in Thee, O my Lord, that
Thou wilt see my needs and my weak-
ness. Thou wilt be severe on me if I
am not kind to the poor.

But if I am just in my dealings before
Thee, Thou wilt allow me to give glory
to Thy holy name. Make me upright
and faithful that I may dwell for ever
in the light of Thy kind countenance.

Domine, clamavi. Ps. 140.

I HAVE cried unto Thee, O Lord, hear
Thou me and hearken to my voice
when I pray to Thee.

May my prayer rise up to Thee as
incense offered to Thee on the Altar,
and may my hands be lifted up to Thee
as an evening sacrifice, *i.e.*, in thanks-
giving.

Let no unguarded word come from my
mouth, and no evil word pass my lips.

Grant, O my Lord, that I may take
no pleasure in speaking of evil things,
nor waste my breath in excusing my
own negligence.

That my prayer may be heard by
Thee, keep me from all that work
iniquity. Let me not be beguiled by
their natural good qualities, and take
up their irreligious views.

Make me willing to take correction
given me in mercy by the good, and let
not the wicked beguile me by their
seeming kindness.

Grant that my prayer may be ever
against the evil which sinners love.
May the leaders among the wicked, and
they that sanction their evil ways, be of
no avail.

They shall hear Thy words which are
all powerful. And as the mass of the
earth is broken up when at Thy com-
mand the earth is moved,

DOMINE clamavi
ad te, exaudi me :
intende voci meæ,
cum clamavero ad
te.

Dirigatur oratio
mea sicut incen-
sum in conspectu
tuo : elevatio ma-
nuum mearum sa-
crificium vesperti-
num.

Pone Domine
custodiam orimeo ;
et ostium circum-
stantiæ labiis meis.

Non declines cor
meum in verba
malitiæ, ad ex-
cusandas excusa-
tiones in peccatis.

Cum hominibus
operantibus ini-
quitatem ; et non
communicabocum
electis eorum.

Corripiet me jus-
tus in misericordia,
et increpabit me :
oleum autem pec-
catoris non im-
pinguet caput
meum.

Quoniam adhuc
et oratio mea in
beneplacitis eo-
rum : absorpti
sunt juncti petræ
judices eorum.

Audient verba
mea, quoniam
potuerunt : sicut
crassitudo terræ
erupta est super
terram.

Dissipata sunt ossa nostra secus infernum ; quia ad te Domine Domine oculi mei ; in te speravi, non auferas animam meam.

Custodi me a laqueo, quem statuerunt mihi ; et a scandalis operantium iniquitatem.

Cadent in reticulo ejus peccatores : singulariter sum ego, donec transeam.

So if I am not faithful shall my bones be scattered at the mouth of the sepulchre, for against Thee, O Lord, none can stand. Therefore, mine eyes are lifted up in supplication to Thee, and I put my whole trust in Thee ; do not Thou take away my soul.

Preserve me from the snare which the wicked have prepared for my feet, and from the hindrances that they place in my path.

Thou shalt put a net for the wicked into which they shall surely fall. But by Thy grace I shall escape the snares they have laid for me, because Thou, O God, wilt treat with me apart from the wicked.

Voce mea. Ps. 141.

VOCE mea ad Dominum clamavi : voce mea ad Dominum deprecatus sum.

Effundo in conspectu ejus orationem meam : et tribulationem meam ante ipsum pronuntio.

In deficiendo ex me spiritum meum : et tu cognovisti semitas meas.

I CRY unto Thee, O Lord, and I implore Thee to help me.

In Thy sight I pour out my prayer, and I bring before Thee all the trouble of my soul.

I have lost all my courage, and I know not where to turn for help ; but I remember, O my good God, that Thou dost know me, and that Thou art not ignorant of the difficulties that lie in my way.

For mine enemies have laid a trap for me in the very path of Thy will. They have used my devotion to Thee to ensnare me into trouble.

In via hac, qua ambulabam, absconderunt laqueum mihi.

I look on the right, from which side help might come, and I find no man who understands me.

Flight is of no avail, for I carry my trouble in my own bosom. No one but Thee can know my trouble, for Thou alone canst see it.

So I cry to Thee, O Lord, and I say : Thou art my hope, my portion, my inheritance in the land of the living.

Listen, then, to my prayer. I am in great need of Thy help, for I am brought down to the very dust.

Do Thou, my God, free me from them that persecute and trouble me. They are stronger than I ; but I look to Thee who art all powerful.

Bring my soul out of prison and out of all fear, that I may praise Thy holy name. The saints who have fought the good fight in the past are waiting for me that I may join them when Thou givest me my reward.

Domine exaudi. Ps. 142.

HEAR my prayer, O Lord, and turn not away from me, for Thou hast promised to listen to the prayer of the lowly. Hear me in Thy justice that I may have confidence in Thee.

O judge me not with severity, for I am Thy servant. In Thy sight no man can be justified.

Considerabam ad dexteram et videbam ; et non erat qui cognosceret me.

Periit fuga a me : et non est qui requirat animam meam.

Clamavi ad te Domine ; dixi, Tu es spes mea : portio mea in terra viventium.

Intende ad deprecationem meam ; quia humiliatus sum nimis.

Libera me a persequentibus me ; quia confortati sunt super me.

Educ de custodia animam meam ad confitendum nomini tuo : me expectant iusti, donec retribuas mihi.

DOMINE exaudi orationem meam ; auribus percipe obsecrationem meam in veritate tua : exaudi me in tua iustitia.

Et non intres in iudicium cum servo tuo ; quia non justificabitur in conspectu tuo omnis vivens.

Quia persecutus est inimicus animam meam : humiliavit in terram vitam meam.

Collocavit me in obscuris sicut mortuos sæculi ; et anxius est super me spiritus meus : in me turbatum est cor meum.

Memor fui dierum antiquorum ; meditatus sum in omnibus operibus tuis : in factis manuum tuarum meditabar.

Expandi manus meas ad te : anima mea sicut terra sine aqua tibi.

Velociter exaudi me Domine : defecit spiritus meus.

Non avertas faciem tuam a me : et similis ero descendentibus in lacum.

Auditam fac mihi mane misericordiam tuam ; quia in te speravi.

Notam fac mihi viam, in qua ambulem ; quia ad te levavi animam meam.

Eripe me de inimicis meis Domine, ad te confugi :

The enemy of my soul has filled me with anxiety. He has humbled me to the ground by filling my mind with evil thoughts.

He has brought darkness upon my mind as if I had been dead for years, and he has troubled me with the memory of my past life. Thus is my soul disturbed, and my heart is troubled within me.

My only consolation has been in the memory of Thy past favours, and all the kindness Thou hast shown to me.

I need Thee, O my God, as parched lands needs water, and I stretch out my hands to Thee, begging Thee to be a comfort to me.

Do not delay, O Lord ; hear me speedily, for when I am so troubled all my spirit faints within me.

Turn not away Thy face from me lest I be in despair like to those who go down to hell.

Let me soon know that Thou wilt be merciful to me. Thou, my good God, art my only hope.

Guide me that I may walk as Thou wishest me to walk. I look for help from Thy kind spirit, and for this cause have I lifted up my soul to Thee in prayer.

Deliver me from these bitter enemies of my soul, O Lord, for I have run to

Thee for refuge. Teach me to do Thy will, for Thou art my God.

Thy good spirit shall lead me into the right land where I shall no longer anger Thee by my sins. For Thine own divine Name's sake make me vigorous to follow Thy lead along the path of perfection.

O bring my soul out of trouble, and put aside all the enemies of my life.

Do Thou, my God, put to flight and overcome completely all the evil spirits who afflict my soul, for I am Thy servant.

Benedictus Dominus. Ps. 143.

BLESSED be Thou, my Lord my God, who hast put into my hands the power to fight against the enemies of my soul.

Grant me the grace ever to rely on Thy mercy, and to fly to Thee for refuge. Be my support in every difficulty, and snatch me away when dangers are too great for me.

Thou, my good God, hast care of me, and I will trust in Thee. Thou wilt give me power to rule my own faculties, and to subdue them in Thy service.

What is man, O Lord, that Thou makest Thyself known to him ; and who are we, the children of men, that Thou shouldst have consideration for our weakness ?

doce me facere voluntatem tuam, quia Deus meus es tu.

Spiritus tuus bonus deducet me in terram rectam : propter nomen tuum Domine vivificabis me in æquitate tua.

Educes de tribulatione animam meam : et in misericordia tua disperdes inimicos meos.

Et perdes omnes, qui tribulant animam meam : quoniam ego servus tuus sum.

BENEDICTUS Dominus Deus meus, qui docet manus meas ad prælium : et digitos meos ad bellum.

Misericordia mea, et refugium meum ; susceptor meus, et liberator meus.

Protector meus, et in ipso speravi, qui subdit populum meum sub me.

Domine quid est homo, quia innotuisti ei ? aut filius hominis, quia reputas eum ?

Homo vanitati
similis factus est :
dies ejus sicut um-
bra prætereunt.

Domine inclina
cœlos tuos et de-
scende : tange
montes, et fumi-
gabunt.

Fulgura corus-
cationem, et dis-
sipabis eos :
emitte sagittas
tuas, et conturba-
bis eos.

Emitte manum
tuam de alto ;
eripe me et libera
me de aquis mul-
tis : de manu filio-
rum alienorum.

Quorum os locu-
tum est vanitatem ;
et dextera eorum
dextera iniquitatis.

DEUS canticum
novum cantabo
tibi ; in psalterio
decachordo psal-
lam tibi.

Qui das salutem
regibus : qui re-
demisti David
servum tuum de
gladio maligno,
eripe me.

Et erue me de
manu filiorum
alienorum ; quo-
rum os locutum
est vanitatem : et
dextera eorum
dextera iniquitatis.

Our nature is full of vanity, and our days pass away as a shadow. There will be no worth in my life if Thou cease to have care of me.

Come then to me and take care of me. Show Thy strength in my behalf. All the great things of earth are in Thy power.

Send forth Thy lightning and scatter all my enemies. If Thou fight for me my enemy shall be in trouble.

From heaven put forth Thy hand to snatch me from the dangers amongst which I must ever struggle. Let not my own past sins have power to injure me.

For in the past I have spoken vanity, forgetting Thee ; my life has been sinful, and my hands worked evil against Thee.

Division of Ps. 143. in Benedictine Breviary.

BUT now, O Lord, I will sing to Thee a new song. My heart and my hands shall be moved to praise Thee.

Without Thine aid even kings have no security. Do Thou redeem me from the wounds with which I am threatened by the malice of the devil, as Thou didst redeem Thy servant David.

Deliver me from the wiles of those who have left Thy court in heaven. They tempt me by false praise to trust in them, and yet they always strive to lead me to sin.

But those whom Thou dost protect
are full of vigour like to young plants,

And ornamented by Thy grace they are
become as temples in which Thou mayest
dwell.

Their stores of grace are plenteous,
and they are able to help others by their
prayers and good works.

Thou dost bless all that they possess
so that they feel no want.

There is abundance for them and
security, and there is no mourning for
the loss of those dear to them.

As they who are so blessed by Thee
with worldly goods are considered happy,
so are we doubly happy in that Thou
hast been, and art, and wilt be a kind
God and merciful Lord to us.

Exaltabo te, Deus. Ps. 144.

I WILL sing Thy praises, my God, my
King. I will bless Thy name for
ever ; yea, for ever and ever.

Every day of my life will I bless
Thee, and I will praise Thy holy name
for ever ; yea, for ever and ever.

Thou art great and glorious, O Lord,
and there can be no limit to Thy great-
ness. Grant that I may praise Thee
without limit.

Quorum filii, si-
cut novellæ plan-
tationes, in juven-
tute sua.

Filiæ eorum com-
positæ : circum-
ornatæ ut simili-
tudo templi.

Promptuaria eo-
rum plena, eruc-
tantia ex hoc in
illud.

Oves eorum
fœtosæ, abun-
dantes in egressi-
bus suis : boves
eorum crassæ.

Non est ruina
maceriæ, neque
transitus, neque
clamor in plateis
eorum.

Beatum dixerunt
populum, cui hæc
sunt : beatus po-
pulus, cujus Do-
minus Deus ejus.

EXALTABO te,
Deus meus rex :
et benedicam no-
mini tuo in sæ-
culum et in sæ-
culum sæculi.

Per singulos dies
benedicam tibi :
et laudabo nomen
tuum in sæculum
et in sæculum
sæculi.

Magnus Domi-
nus et laudabilis
nimis : et magni-
tudinis ejus non
est finis.

Generatio et
generatio lauda-
bit opera tua ; et
potentiam tuam
pronuntiabunt.

Magnificentiam
gloriæ sanctitatis
tuæ loquentur : et
mirabilia tua
narrabunt.

Et virtutem
terribilium tuorum
dicent : et magni-
tudinem tuam
narrabunt.

Memoriam abun-
dantiæ suavitatis
tuæ eructabunt :
et justitia tua
exultabunt.

Miserator et
misericors Domi-
nus : patiens et
multum miseri-
cors.

Suavis Domi-
nus universis : et
miserationes ejus
super omnia opera
ejus.

CONFITEANTUR
tibi Domine om-
nia opera tua : et
sancti tui bene-
dicant tibi.

Gloriam regni
tui dicent et po-
tentiam tuam lo-
quentur.

Every succeeding generation shall praise Thy works, for there can be none that do not acknowledge Thy power.

The whole earth speaks to me of Thy glory, and all the saints praise Thy divine holiness. They shall ever praise Thy wonderful works in the souls of the just.

They shall praise Thee also for Thy terrible judgments on those that serve Thee not.

They shall let all men know the abundance of Thy sweet dealing with souls that are faithful to Thee, and shall be joyful in the acknowledgment of Thy justice.

Thou art so gracious and so full of mercy to me a sinner ; so patient when I do not follow Thee promptly, and so full of mercy when I fall.

Thou, my good God, art so sweet in Thy dealings with souls, and Thy most tender mercies are more wonderful than all Thy works.

Division of Ps. 144 in Benedictine Breviary.

LET all Thy works praise Thee. For this am I chosen that in Thy works I should praise Thee. Thou hast given me the power by my soul and voice, and the right by my religious profession. How holy must I be if I am to do this work well !

I will speak to Thee in prayer of all Thy greatness and glory, and I will thank Thee for it all.

By my prayer in union with Thee I will spread Thy kingdom, and bring all to the knowledge of Thy great glory.

Thy kingdom which is not of this world, but endureth for ever, shall be spread by me, O Lord, if I keep close to Thee, for Thou hast promised it.

The prayer of the faithful heart shall be heard. Thou art faithful to keep Thy promises, and Thou art holy in all Thy works.

Thou wilt raise me up if I fall, and Thou wilt remove sadness from me so long as I trust in Thee.

For mine eyes shall hope in Thee, that Thou wilt give me consolation in Thine own good time.

In Thy hands are blessings for us all, and Thou dost supply the wants of every living creature.

Thou, my Lord, art just in all Thy ways, and most holy in all Thy works. How lavish of Thy gifts Thou hast been to me !

Thou art very near to me when I call upon Thee, if I speak to Thee from a sincere and humble heart.

I will fear to offend Thee, dear Lord,

Ut notam faciant filiis hominum potentiam tuam ; et gloriam magnificentiæ regni tui.

Regnum tuum, regnum omnium sæculorum : et dominatio tua in omni generatione et generationem.

Fidelis Dominus in omnibus verbis suis : et sanctus in omnibus operibus suis.

Allevat Dominus omnes, qui corruunt : et erigit omnes elisos.

Oculi omnium in te sperant Domine : et tu das escam illorum in tempore opportuno.

Aperis tu manum tuam ; et imples omne animal benedictione.

Justus Dominus in omnibus viis suis : et sanctus in omnibus operibus suis.

Prope est Dominus omnibus invocantibus eum : omnibus invocantibus eum in veritate.

Voluntatem timentium se faciet ; et deprecationem

eorum exaudiet :
et salvos faciet
eos.

Custodit Domi-
nus omnes dili-
gentes se : et om-
nes peccatores dis-
perdet.

Laudationem Do-
mini loquetur os
meum : et bene-
dicat omnis caro
nomini sancto ejus
in sæculum et in
sæculum sæculi.

and Thou wilt hear my prayer and save me.

Oh, keep me in Thy love that I may speak to Thee, and be sure that Thou wilt hear me.

My mouth shall speak Thy praise, and my whole being shall bless Thy holy name. In Thy goodness, O my God, let me sing to Thee, that at the end of my life here I may be with Thee for ever and ever.

Lauda animā mea. Ps. 145.

LAUDA anima
mea Dominum ;
laudabo Dominum
in vita mea ; psal-
lam Deo meo,
quamdiu fuero.

THE chief work of my life is to sing Thy praises, O my God. Give me such an interest in it that I shall be content to do this same work for Thee all my life.

Nolite confidere
in principibus : in
filiis hominum, in
quibus non est
salus.

Thou art my helper ; in Thee let my hope be fixed. Thou art all powerful, and canst make even the praise I render to Thee acceptable.

Exibit spiritus
ejus, et revertetur
in terram suam :
in illa die peribunt
omnes cogitation-
es eorum.

Thy Holy Spirit shall come into my heart if I put my trust in Thee. And though I have often driven Thy Holy Spirit from me, He will return to me if I am humble. In that day the thoughts that have troubled me shall cease.

Beatus, cujus
Deus Jacob adju-
tor ejus ; spes ejus
in Domino Deo
ipsius : qui fecit
cælum et terram,
mare et omnia,
quæ in eis sunt.

Let my hope be in Thee, my God. Give me a firm confidence that Thou wilt help me and bring joy to my heart ; for Thou hast made all things, and wilt rule all things for my benefit, so that what was formerly a distraction to me, shall, by Thy power, lead me to Thyself.

I will trust also in Thy truth, and leave myself to Thy merciful judgment. Thou givest food to the hungry ; O my God, let me ever hunger for Thee.

Thou wilt free me from all the entanglements of sin and doubt, and wilt enlighten my blindness.

If I am cast down with sadness, Thou wilt in Thy loving-kindness raise me up. Let me always recognise and acknowledge Thy goodness towards me.

Thou art ever my good God. I will strive to imitate Thee in Thy kindness to all.

Oh, reign for ever in my soul. Thou art always good to me, and wilt be for ever if I but stay close to Thee, O my God.

Laudate Dominum. Ps. 146.

IT is good for me, O Lord, to praise Thee in the Divine Office. Make my praise to be ever joyful and comely.

Because of my service to Thee in choir, Thou wilt build up my soul in virtue, and Thou wilt gather together Thy chosen ones from all sides to join with me.

Do Thou grant me an abiding sorrow for my sins, and heal the wounds they have left in my soul.

In Thy mercy number me among Thy saints who shine with glory in heaven. Be so close and intimate with me that I

Qui custodit veritatem in sæculum ; facit iudicium injuriam patientibus : dat escam esurientibus.

Dominus solvit compeditos : Dominus illuminat cæcos.

Dominus erigit elisos : Dominus diligit justos.

Dominus custodit advenas ; pupillum et viduam suscipiet : et vias peccatorum disperdet.

Regnabit Dominus in sæcula, Deus tuus, Sion : in generationem et generationem.

LAUDATE Dominum, quoniam bonus est psalmus : Deo nostro sit jucunda decoraque laudatio.

Ædificans Jerusalem Dominus : dispersiones Israelis congregabit.

Qui sanat contritos corde : et alligat contritiones eorum.

Qui numerat multitudinem stellarum.

rum : et omnibus
eis nomina vocat.

Magnus Dominus
noster, et magna
virtus ejus : et sa-
pientiæ ejus non
est numerus.

Suscipiens man-
suetos Dominus :
humilians autem
peccatores usque
ad terram.

Præcinite Domi-
no in confessione :
psallite Deo nostro
in cithara.

Qui operit cœlum
nubibus : et parat
terræ pluviam.

Qui producit in
montibus fœnum,
et herbam servi-
tuti hominum.

Qui dat jumentis
escam ipsorum, et
pullis corvorum
invocantibus eum.

Non in fortitu-
dine equi volunta-
em habebit : nec
in tibiis viri bene-
placitum erit ei.

Beneplacitum est
Domino super ti-
mentes eum : et in
eis, qui sperant
super misericordia
ejus.

may hear Thy voice calling me by my
name.

Thou, the great God, wishest to be
my friend. Thou wilt enable me to be
strong in Thy service with Thine own
strength, and to be wise in Thine own
wisdom.

But Thou wilt not take me by the
hand and help me, unless I in my turn
am kind to those around me. Thou
lookest principally to Thy religious for
kindness, forbearance, and meekness.
Thou wilt humble to the earth those
who persist in sin.

Therefore, sustained by Thy power, I
will sing to Thee in the Divine Office,
and I will praise Thee by every means
in my power.

For as Thou art so good, bringing
rain to the land, so Thou dost bring me
joy in my religious vocation.

As Thou dost provide food for man,

And for all the beasts of the field, so
wilt Thou in Thy goodness bless my
efforts, and make them fruitful in Thy
service.

Thou hast no need of the strength of
man or of beast, and Thou wilt not bless
those who trust in their own strength.

Thou takest Thy pleasure in those
who fear to offend Thee, and yet place
all their hope and confidence in Thee,
knowing Thee to be merciful, patient
and long-suffering. Oh, what a good
God we have to serve !

Lauda Jerusalem. Ps. 147.

GRANT, O Lord, that the whole Church may praise Thee, and that in a special way all Thy religious, to whom the duty of public praise is committed by the Church, may praise Thy holy name.

Blessed be Thou, O Lord, because Thou hast preserved our holy Order, and hast given me the grace to belong to it, and hast had a care over it from the beginning.

Blessed be Thou, my good God, for the gift of peace which Thou hast given us in our community life, and for Thy goodness in providing for us.

Thou hast let me hear Thy words ; Thou hast given me to understand Thee quickly.

As the snow covers up the inequalities of the ground, so hast Thou covered my sins, but so gently as if with wool.

The storms which strike my soul are very grievous, and unless Thou protect me I cannot endure them.

Thou hast sent Thy burning word to restore warmth to my soul, and Thy Spirit breathes upon me to melt my cold heart. Let my life flow like a river according to Thy will.

Thou makest Thy word known to me, and Thy Holy Spirit teaches me justice, *i.e.*, leads me towards perfection.

Thou hast chosen me from the world that where Thou art I may also be. How good and kind Thou hast been to me, O Lord !

LAUDA, Jerusalein, Dominum : lauda Deum tuum, Sion.

Quoniam confortavit seras portarum tuarum : benedixit filiis tuis in te.

Qui posuit fines tuos pacem : et adipe frumenti satiat te.

Qui emittit eloquium suum terræ : velociter currit sermo ejus.

Qui dat nivem sicut lanam ; nebulam sicut cinerem spargit.

Mittit crystallum suam sicut buccellas : ante faciem frigoris ejus quis sustinebit ?

Emittet verbum suum, et liquefaciet ea ; flabit spiritus ejus et fluent aquæ.

Qui annuntiat verbum suum Jacob ; justitias et judicia sua Israel.

Non fecit taliter omni nationi : et judicia sua non manifestavit eis.

Laudate Dominum. Ps. 148.

LAUDATE Domi-
num de cœlis :
laudate eum in ex-
celsis.

Laudate eum
omnes Angeli
ejus : laudate eum
omnes virtutes
ejus.

Laudate eum sol
et luna : laudate
eum omnes stellæ
et lumen.

Laudate eum
cœli cœlorum : et
aquæ omnes, quæ
super cœlos sunt,
laudent nomen
Domini.

Quia ipse dixit,
et facta sunt : ipse
mandavit, et cre-
ata sunt.

Statuit ea in
æternum et in sæ-
culum sæculi :
præceptum posuit,
et non præteribit.

Laudate Domi-
num de terra :
dracones et omnes
abyssi.

Ignis, grando,
nix, glacies, spiri-
tus procellarum :
quæ faciunt ver-
bum ejus :

Montes et omnes
colles, ligna fructi-

GRANT, O Lord, that I may join in
the praise which is given to Thee
from the heavens, and from the very
highest courts of heaven.

Give me courage to praise Thee in
company with the angels ; to praise
Thee in the company of those spirits
which work Thy will on earth.

Let me praise Thee with the sun and
moon ; let me praise Thee with every
star, and every point of light.

The heavens help me to praise Thee,
for they tell me of Thy magnificence ;
and the gentle rain tells me of Thy
mercy.

All the forces of nature have come
from Thy hand and obey Thy word. I
alone have been guilty of disobedience.
Make me ever faithful to Thee, my good
God.

Thou hast chosen me from eternity,
and Thou art ready to keep me united to
Thee for eternity. It will be my own
fault if I profit not by Thy goodness.

Grant that I may praise Thee also in
the earth, even for the monsters which
I fear, and the deep ravines which strike
terror into me.

Let me praise Thee for the powers of
destruction which Thou usest to do Thy
will.

Let me praise Thee in the mountains
which take my thoughts to Thee ; in
all the fruit trees Thou givest me, and

all the shade of the cedars and the trees of the forest.

For all the beasts of the chase and cattle of the fold ; yea, even for serpents and for all birds let me praise Thee.

Let me praise Thee in the work Thou givest to the kings of the earth, and all nations, princes, and all them that judge the earth.

But most of all, let me join myself with the choirs of Thy chosen ones throughout the earth who have dedicated their lives to Thy service. To Thee only will I offer the sacrifice of praise. To Thee alone will I render glory.

Thy public praise shall be my delight beyond all things. Help me, O my God, to make myself truly fit to perform this work for the whole earth.

For by my profession I am called to sing with Thy saints, and to become a child of Israel, Thy chosen one. Would that I, too, with all Thy saints may grow nearer to Thee each day of my life !

Cantate Domino. Ps. 149.

MAKE my praise of Thee, O Lord, always new and more worthy of Thee each time I come before Thee.

My soul, striving to do Thy will, shall be always joyful in trusting in Thee, my Creator and my Guardian.

Make me glad to give myself to Thy praise, and to the work of the choir.

fera et omnes cedri.

Bestiæ et universa pecora, serpentes et volucres pennatæ :

Reges terræ et omnes populi, principes et omnes iudices terræ :

Juvenes et virgines : senes cum junioribus laudent nomen Domini : quia exaltatum est nomen ejus solius.

Confessio ejus super cælum et terram : et exaltavit cornu populi sui,

Hymnus omnibus sanctis ejus : filiis Israel, populo appropinquanti sibi.

CANTATE Domino canticum novum : laus ejus in ecclesia Sanctorum.

Lætetur Israel in eo, qui fecit eum : et filii Sion exultent in rege suo.

Laudent nomen ejus in choro : in tympano et psalterio psallant ei.

Quia beneplacitum est Domino in populo suo : et exaltabit mansuetos in salutem.

Exultabunt Sancti in gloria : lætabuntur in cubilibus suis.

Exaltationes Dei in gutture eorum : et gladii ancipites in manibus eorum.

Ad faciendam vindictam in nationibus, increpationes in populis.

Ad alligandos reges eorum in compedibus, et nobiles eorum in manicis ferreis.

Ut faciant in eis iudicium conscriptum : gloria hæc est omnibus Sanctis ejus.

LAUDATE Dominum in sanctis ejus : laudate eum in firmamento virtutis ejus.

Because Thou, my Lord, art pleased in Thy chosen ones, grant that I may live up to my holy profession in which Thou didst choose me ; and, above all, grant that I may be kind and meek as Thou wast, that I may make the most of Thy goodness to me.

In Thy Church Thy servants shall be full of joy, and shall seek to give Thee all the glory they are able. They shall rejoice in Thy presence in the quiet of night, turning to Thee as soon as they wake.

Thy praise, O my God, shall be in my mouth. Grant that I may never discourage anyone in Thy service. Put the two-edged sword into my hand that I may be ready to stand up for Thee, my King, at all times.

Let me have vengeance on myself for my sins, and bring my body into subjection to Thy will.

Thus shall I bind the evil spirit, that he may do no harm by inducing sadness and self-seeking.

So shall I cripple him, and this shall be my glory, that some little of the joy of heaven shall shine about me. Close to Thee, my God, how can I be anything but full of joy ?

Laudate Dominum. Ps. 150.

GRANT me, O my God, to appreciate and love sanctity, that I may be ready to see Thy power in all things.

The more I understand Thy power and majesty, the more perfectly shall I praise Thee.

Grant, O Lord, that I may not be wanting in any praise I can offer Thee. Let me praise Thee as a perfect musician is capable of praising Thee. Let me praise Thee by my prompt answer to Thy call in time of battle. Let me praise Thee in the quieter service of a joyful heart.

Grant that I may praise Thee in the bustle of active life, and also in the splendour of the services of the Church.

Let me praise Thee on all occasions of joy. Let every spirit praise and bless Thee, O my God, for ever. Amen.

Laudate eum in virtutibus ejus : laudate eum secundum multitudinem magnitudinis ejus.

Laudate eum in sono tubæ : laudate eum in psalterio et cithara.

Laudate eum in tympano et choro : laudate eum in chordis et organo.

Laudate eum in cymbalis benesonantibus ; laudate eum in cymbalis jubilationis : omnis spiritus laudet Dominum.

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